As Faculty and Staff, you interact with students on a regular basis and may be among the first to notice problems developing for a student. Making a referral to see one of the Counselors can be an active way to help students with the issues they are experiencing. Below are some of the signs you may observe in student who could benefit from counseling.

**Signs of Distress**

- increased nervousness, agitation, or irritability
- withdrawal
- signs of depression (crying, insomnia, oversleeping, sudden weight loss/gain, loss of pleasure)
- changes in personal or classroom relationships
- changes in academic performance
- infrequent attendance
- change in personal hygiene
- signs of anxiety
- dependency (the student who always hangs around or constantly tries to see you)
- drug and alcohol abuse
- aggressive or abrasive behavior
- talk or threats of suicide

**Other indicators**

- When a student is becoming too dependent upon you.
- When you lack adequate time to listen effectively to the student.
- If a student is hesitant to discuss a problem with you.
- If a student presents a problem or requests information that is outside your range of professional knowledge.
- When a student asks for advice on personal, relationship, or mental health issues.
- If the student’s need for advice outside the classroom interferes with your ability to objectively teach or grade the student.
- If you feel uncomfortable dealing with the issue or problem.

**When to Refer**

If you are unsure whether or not to refer, please call regarding your concerns. The Counselors are very willing to assist with decisions about how to be most helpful.

If you are in doubt about whether or not to refer a student to counseling, or would like suggestions on how to approach a particular student, please call or email one of the Counselors. A telephone consultation may help identify student needs, explore alternatives, or locate other providers or resources which may better serve the student's needs.

**How to Refer**

The easiest way for a student to get scheduled to see a Counselor is to email the counselors at counseling@whatcom.edu. Emails are usually answered within 24 hours during the work week. Or they can call 360-383-3080 to schedule an appointment.