



**SANTA BARBARA**

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Dear colleague,

Research suggests that faculty and staff play a pivotal role in promoting a positive academic and learning environment. Faculty and staff members have regular, daily contact with students and are often the first to notice signs of distress in students and with knowledge of appropriate resources can help prevent students' smaller concerns from escalating into full blown crises.

We are pleased to announce a new mental health resource, a handbook for faculty and staff entitled *Promoting Student Mental Health: A Guide for UC Faculty and Staff*. The guide covers such topics as common mental health concerns and how culture impacts mental wellness, and provides examples of what to say when approaching a student. The last section of the guide is entitled: *What Faculty and Staff Can Do to Reduce Stress*.

The handbook will be distributed to each academic department and other campus offices. It is available to download at: <http://www.ucop.edu/student-mental-health-resources/files/pdf/PSMH-guide.pdf>. This handbook was made possible through collaboration of the 10 UC Campus Counseling Centers, Student Affairs in the Office of the President, and UC Health.

The guide is a comprehensive resource for faculty and staff members but it is not meant to replace the Distressed Students Protocol (attached) which outlines clear action to take to support a specific student in a distressed state. UCSB has a Distressed Student Protocol through Student Mental Health Coordination Services (SMHCS) which provides a decision tree to help you quickly decide the best course of action for a particular situation. The campus has an online reporting system that is available 24/7. The protocol and resources can be found at: <http://www.sa.ucsb.edu/responding-to-distressed-students/welcome>.

We are very pleased to inform you that we have strengthened our mental health support system for our students given additional funding from the system-wide increase in Student Service Fees that has been directed to supporting student mental health. With this increase in funding we've hired seven additional psychologists in Counseling and Psychological Services (CAPS) and two additional psychiatrists and a social worker in Student Health Services. SMHCS and CAPS are also available to provide training to any department or groups of faculty and/or staff. Please contact SMHCS at 805-893-3030 (or Marisa Huston at 805-893-2784).

Our combined efforts will help ensure greater wellness on our campus as we enter into a new school year. Thank you for your dedication and efforts to promote a healthy campus climate and environment-we appreciate it!

Best regards,

Margaret Klawunn  
Vice Chancellor for Student Affairs

# UCSB Student Mental Health Resources

Introducing a NEW resource from UCOP...

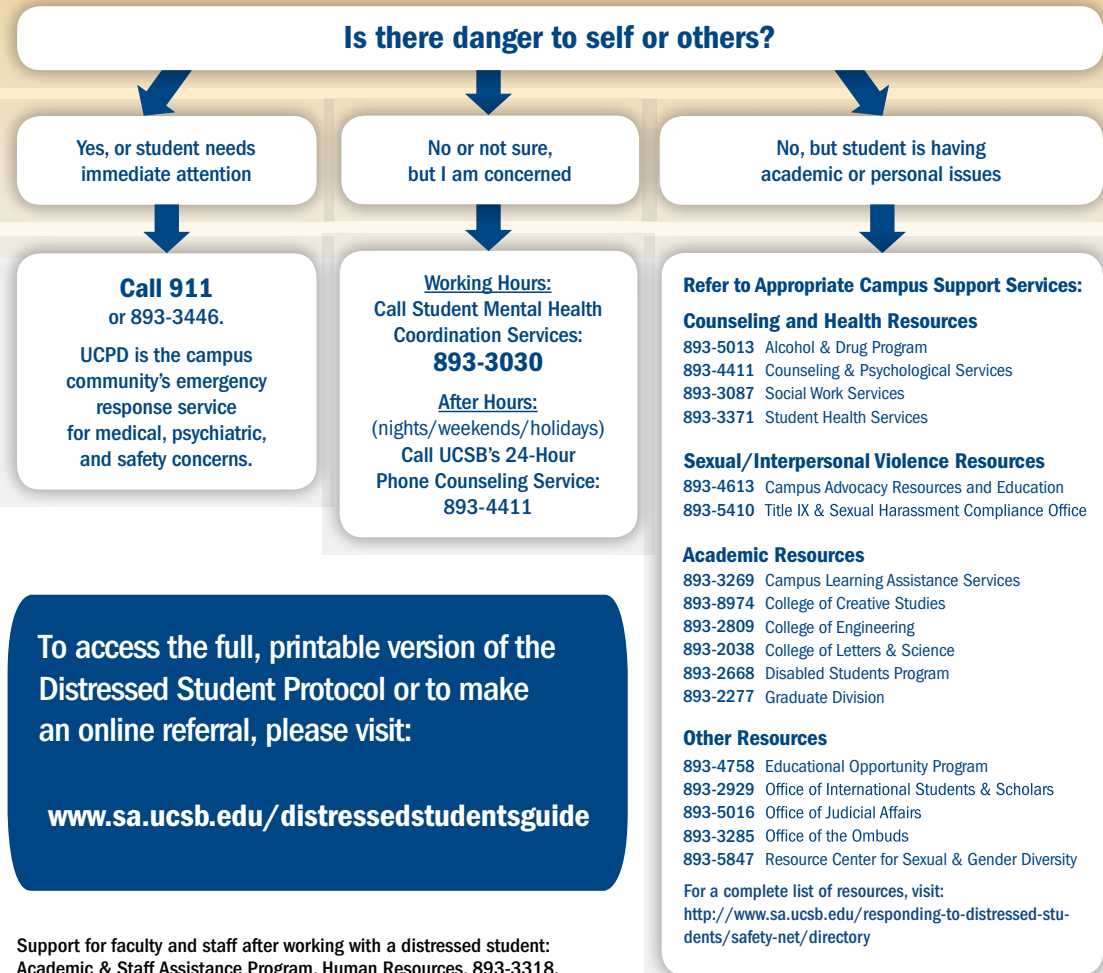
## Promoting Student Mental Health: *A Guide for UC Faculty & Staff*



This full-text handbook provides in-depth information about mental health and examines the role faculty and staff members can play in providing a supportive academic environment and assisting students who may be in distress:

<http://sa.ucsb.edu/MentalHealthHandbook>

## UCSB Distressed Students Response Protocol



A reminder of the resources that continue to be available for faculty/staff consultation & direct support for students...

### Counseling & Psychological Services

(805) 893-4411 (24/7)

[caps.sa.ucsb.edu](http://caps.sa.ucsb.edu)

[www.sa.ucsb.edu/RedFolder](http://www.sa.ucsb.edu/RedFolder)

### Student Mental Health Coordination Services

(805) 893-3030

[www.sa.ucsb.edu/REFERaGAUCHO](http://www.sa.ucsb.edu/REFERaGAUCHO)

*Online referral form for student of concern*