

Faculty, Staff, and Student

WELLNESS RESOURCES

FOR EVERYONE (STUDENTS, FACULTY, & STAFF)

Beach Crisis Text Line

Text **BEACH** to **741741** from anywhere in the United States, anytime and reach a counselor for support. This personalized Crisis Text Line is for students and friends, faculty/staff, and parents/families acting in support of students. Connect with a confidential counselor 24 hours, 7 days per week who can help you immediately. Students will find this information on the back of their student IDs.

Beach Wellness

www.csulb.edu/beachwellness

CSULB is invested in your wellness. Please check out the Beach Wellness website to navigate all health and wellness resources available on campus.

Student Recreation and Wellness Center (SRWC)

www.asirecreation.org

The SRWC is managed by Associated Students Inc. Recreation and is open to all CSULB students, associates, and affiliates. The facility contains a three-court gym, a multi activity court gym, indoor jogging track, 20,000 square feet of weight and cardio equipment, racquetball courts, activity rooms for group exercise, a custom-made rock climbing wall, a wellness center, swimming pool and spa, as well as many other services.

You at CSULB

www.youatcsulb.com

You at CSULB is 24/7 Mental Health Resource personalized for each CSULB Student or Faculty. Choose your interests and explore content from on and off campus resources, including articles, videos & meditations. Succeed in your academic success and career preparedness; Thrive in your physical and mental health; Matter in your purpose and connection to campus.

FOR FACULTY & STAFF ONLY

Faculty & Staff Assistance Program (FSAP)*

https://bit.ly/csulb_fsap

The Faculty & Staff Assistance Program, also known as FSAP, is a free, confidential resource to help you resolve personal, family, or work-related problems before they disrupt your life. Services directly provided by FSAP are available only by appointment at no cost to you.

LifeFit Center

www.csulb.edu/lifefit

LifeFit Programming: Group Fitness, Personal Training, Fitness Consultation/Wellness Coaching, and Wellness Workshops! The LifeFit Center also provides employee wellness programming. Please contact LifeFit Director, Ayla Donlin, at ayla.donlin@csulb.edu.

LifeMatters EAP*

www.mylifematters.com

LifeMatters provides no-cost mental health and worklife services to our campus staff, faculty, their dependents and those living in their household. These services include 24/7 telephone access to professional counselors, eight free counseling sessions per issue/per year, referrals for legal & financial matters, and assistance with childcare and elder care searches. For more information, please check out our MyBeach page.

[Employee Assistance Programs \(EAP\) \(sharepoint.com\)](#)

Red Folder

www.calstate.edu/red-folder

A CSU webpage that assists you in determining whom to contact when faced with a distressed or distressing student.

**state employees only*



Basic Needs

www.csulb.edu/basicneeds

The CSULB Basic Needs Mission is to assist and immediately serve students who have been displaced, experiencing homelessness, food insecurity, an emergency, and/or a crisis. Basic Needs provides services and resources to remove barriers and empower students to persist and thrive in their educational journey towards academic success.

Bob Murphy Access Center (BMAC),

formally known as Disabled Student Services

www.csulb.edu/bmac

BMAC assists students with disabilities by providing support services including accommodations for classroom and campus life activities, career development resources, and disability-related counseling.

Campus Assessment, Response, and Evaluation for Students (CARES) Team

www.csulb.edu/cares

The purpose of the CARES Team is to provide a centralized structure for the campus community in our support of students. We provide early intervention and crisis mitigation for students through collaboration with campus departments, faculty, and staff. In collaboration with students, the CARES Team will review all information available on the students' behavior and background, to develop an individual action plan and provide on-going case management support.

Counseling & Psychological Services (CAPS)

www.csulb.edu/caps

CAPS provides students with brief individual counseling, group counseling, referrals services, psychoeducational workshops, and crisis intervention to help students meet their personal challenges associated with identifying and accomplishing academic, career, and life goals.

Student Health Services

www.csulb.edu/shs

Student Health Services is your on-campus clinic and is open for virtual and in-person appointments. We offer general primary care, reproductive health care, sports medicine, behavioral health services, case management, immunizations, laboratory, radiology, and pharmacy.

Veterans Services

www.csulb.edu/veterans

We help service members, veterans, and eligible dependents access the educational benefits they earned by serving in the armed forces of the United States. To do so, we certify their enrollment in courses for the G.I. Bill® and process CalVet Fee Waivers for eligible dependents.



6 STEPS FOR RESPONDING TO Students in Distress

Academic and social stressors are a normal part of college life. While many students cope with these demands successfully, a significant number of students have difficulties that interfere with their performance and general well being.

- 1 OBSERVE**

The first important step in assisting distressed students is to be familiar with the symptoms of distress and attend to their occurrence. Pay close attention to direct communications as well as implied or hidden feelings.
- 2 INITIATE CONTACT**

Don't ignore strange, inappropriate or unusual behavior - respond to it! Talk to the student privately, in a direct and matter-of-fact manner, indicating concern. Early feedback, intervention, and/or referral can prevent more serious problems from developing.
- 3 CLARIFY YOUR ROLE**

When you assume or are placed in the counseling role, role conflicts are possible and must be understood. It is best to be transparent as to how you are able to support as well as disclosing possible Title IX requirements around privacy and confidentiality.
- 4 LISTEN OBJECTIVELY**

Listening has frequently been called an art, but it is also a skill that can be acquired with practice. To listen to someone is: to refrain from imposing your own point of view, to withhold advice unless it is requested; and to concentrate on the feelings and thoughts of the person you are trying to help, instead of your own
- 5 OFFER SUPPORT AND ASSISTANCE**

Summarize the essence of what the student has told you, including the feelings/behavior conveyed or observed, as a way to clarify the situation. Encourage positive action by helping the student define the problem and generate coping strategies. Suggest resources that the student can access: friends, family, clergy, or professionals on campus.
- 6 KNOW YOUR LIMITS**

As a help-giver, only go as far as your expertise, training, and resources allow. If you are uncertain about your ability to help a student, it is best to be honest about it. Trust your feelings when you think an individual's problem is more than you can handle.