

CSUDH Quick Look

STUDENT MENTAL HEALTH



Developed by the [Division of Enrollment Management and Student Affairs](#)

CSU Dominguez Hills supports student success in and beyond the classroom with a wide range of student services. These include access to on-campus mental health services and resources provided by qualified professionals and counselors in a confidential and safe setting. Here we present a quick overview of the mental health services available to CSUDH students to help them reach both their personal and academic goals. We also take a look at key mental health issues and how to respond to them.

CSUDH

CALIFORNIA STATE UNIVERSITY, DOMINGUEZ HILLS

Student Health & Psychological Services

Currently enrolled students have access to a range of no-cost, confidential psychological counseling and mental health resources through CSUDH's Student Health & Psychological Services. Staffed by Ph.D.-level psychologists and doctoral psychology interns, all licensed by the State of California, Student Health & Psychological Services work with students to help them understand and cope with issues such as self-esteem, self-direction, anxiety, depression, motivation, loss, relationships and conflict. Services include:

- Individual counseling
- Faculty and staff consultations
- Presentations and workshops on a variety of topics including:
 - Self-esteem
 - Eating disorders
 - Stress management
 - Understanding diversity
 - Healthy relationships
 - Effective communication
 - And others



Guidelines For Faculty And Staff

CSUDH faculty and staff are committed to supporting our students in their personal as well as academic goals. Here we present some of the resources and guidelines available to faculty and staff to assist them in identifying, intervening and helping students who encounter personal, mental and emotional challenges.

Faculty and Staff Consultations

Faculty and staff are encouraged to contact Student Health & Psychological Services for individual consultations regarding issues with disturbed or disruptive students. CSUDH's trained psychological services staff can assist faculty and staff with:

- Identifying strategies for dealing with such situations
- Referral resources for students
- Responding appropriately to harassing, intimidating or threatening behavior

Workshops and Classroom Presentations

CSUDH faculty, staff, clubs and organizations are invited to take advantage of workshops and classroom presentations offered through the Student Health & Psychological Services. Presentations may be given during class for your students and can be designed to cover a specific issue important to you and your students. Topics include:

- Stress management
- Family dynamics
- Psychology of racism
- And others
- Time management
- Emotional intelligence
- Overcoming procrastination study skills

CARE Team

The CSUDH Campus Awareness, Response & Education Team (CARE Team) is a multi-disciplinary collaboration of campus officials formed to prevent, identify, assess and manage situations involving students of concern. For more information, contact Dr. Sonja G. Daniels, Associate Vice President for Student Affairs, Dean of Students at **(310) 243-3784**.

Important Numbers

Name of Office/Agency	Hours of Operation	Phone Number
Student Health & Psychological Services	M - F, 8:00 a.m. - 5:00 p.m	(310) 243-3818
CSUDH University Police	24 Hours/7 Days	(310) 243-3639
Emergency	24 Hours/7 Days	911
Harbor-UCLA Psychiatric Emergency	24 Hours/7 Days	(310) 222-3144
Los Angeles Suicide Prevention Center/ 24-Hour Crisis Hotline	24 Hours/7 Days	(877) 727-4747
Los Angeles County Domestic Violence Hotline	24 Hours/7 Days	(800) 978-3600
Alcoholics Anonymous	24 Hours/7 Days	(800) 923-8722
City of Carson Sheriff's Station	24 Hours/7 Days	(310) 830-1123
211 LA County (Info & Referrals)	24 Hours/7 Days	211
1736 Family Crisis Center	24 Hours/7 Days	(310) 379-3620

Hours and Location

Student Health & Psychological Services are offered through the Student Health Center located between Welch Hall and the University Theatre.

Hours:

Monday - Friday, 8:00 a.m. - 5:00 p.m.

To make an appointment:

Call **(310) 243-3818**.

Learn more at CSUDH.EDU/SHPS.

When To Seek Help

Students are encouraged to contact Student Health & Psychological Services or an emergency number when experiencing:

- Thoughts of harming yourself
- Thoughts of harming someone else
- A traumatic event or loss
- Extreme anxiety or panic
- Odd or intrusive thoughts

BARRT

The Behavioral Assessment & Risk Response Team (BARRT) assesses behavioral "at-risk" situations and develops recommendations to promote campus safety and a non-disruptive educational process. Faculty, staff and students should contact BARRT in the event of any potentially dangerous or threatening situation involving a student. For more information, contact Dr. Janie MacHarg, Director of Student Health & Psychological Services, at **(310) 243-3818**.

When to Refer Students to CSUDH's Mental Health Services

Faculty and staff should consider referring students to mental health services if they observe any of the following, especially if the person's behavior is inconsistent with any prior experiences of that student:

- Excessive agitation
- Increased irritability, undue aggressive or abrasive behavior
- Excessive procrastination, poorly prepared work
- Infrequent class attendance, little or no work completed
- Depression, lack of energy
- Marked change in personal appearance or hygiene
- Withdrawal, isolation, fearfulness
- Sadness, periodic tearfulness
- Dependency (eg, the student who hangs around or makes excessive appointments to see you)
- Indecisiveness, confusion
- Bizarre, incoherent, alarming or dangerous behaviors

Steps to Take With Students Experiencing Mental Health Issues

If you sense you have a student who is experiencing academic or personal distress, you are encouraged to approach and speak directly with the student if possible. Recommended approaches include:

- Acknowledge that the student appears to be under a great deal of stress.
- Let the student know that psychological counseling is available at CSUDH and may help with the student's situation.
- Make sure the student knows these services are confidential and free to all currently enrolled students.
- Don't pursue the issue if the student takes a defensive posture – simply state your concern for their well-being.
- If the student is receptive, suggest that they call Student Health & Psychological Services for an appointment at **(310) 243-3818**.

Our staff psychologists are also available to assist students in need of crisis counseling. In general, crisis intervention is intended for individuals in need of immediate assistance, such as in instances of severe depression or suicidal feelings, lack of control over appropriate behavior or acute and overwhelming distress from a traumatic event.

Faculty and staff can also call our office at **(310) 243-3818** and ask to consult with the Director or one of our psychologists regarding how they might address a disturbed or concerning student, or for additional tips on how to make a referral.

CSUDH

CALIFORNIA STATE UNIVERSITY, DOMINGUEZ HILLS



CSUDH Quick Look

STUDENT MENTAL HEALTH

Mental Health Service Statistics

Individual students receiving psychotherapy through CSUDH

Year	Number of Students
2008-2009	441
2009-2010	471
2010-2011	541

Students participating in CSUDH mental health outreach programs

Year	Number of Students
2010-2011	3,605

Useful Links

Mental Health Information

AllAboutDepression.com — Provides accurate, current and relevant information about clinical depression to the public.

HelpGuide.org — Resources for a range of mental health conditions and topics including addiction, anxiety, bipolar disorder, depression, grief and loss, depression and more.

ANAD.org — Website for the National Association of Anorexia Nervosa and Associated Disorders.

CHADD.org — Website for Children and Adults with Attention Deficit/Hyperactivity Disorder; with resources, symptom checklists, support groups and more.

Support Groups and Referrals

NAMI.org — Website for the National Alliance on Mental Illness.

DBSAlliance.org — Website for the Depression and Bipolar Support Alliance.

Suicidology.org — Website for the American Association of Suicidology.

Substance Abuse and Addiction

AA.org — Alcoholics Anonymous website; with information on alcoholism and recovery for addicts and their families including 12-step information and how to find a local meeting.

SexualRecovery.com — Information on sexual addictions; includes a self-test, articles, resources, 12-step programs and treatment for sexual addictions.

Marijuana-Anonymous.org — Information about marijuana addiction recovery programs.

SOSSobriety.org — Provides a non-religious alternative to “12-step” recovery programs.

Common mental health issues for students seeking psychological counseling and mental health services:

- Depression
- Anxiety
- Panic attack
- Relationship issues
- Family problems
- Traumatic stress symptoms
- Personality disorders
- Serious psychiatric disorders including bipolar disorder and psychosis

CSUDH

CALIFORNIA STATE UNIVERSITY, DOMINGUEZ HILLS

Join us at:

facebook.com/CSUDH
twitter.com/DominguezHills



LGBT Resources

Community.pflag.org — Website for parents, families and friends of lesbians and gays.

Lalgbtcenter.org — Los Angeles Gay & Lesbian Center website.

CenterLB.org — Gay and Lesbian Center of Greater Long Beach.

LAGPA.org — Directory of mental health professionals interested in lesbian, gay, bisexual and transgender clients.

WPATH.org — Website for the World Professional Association for Transgender Health.

thetrevorproject.org — Suicide prevention for LGBTQ youth.

HIV/AIDS

Dignityhealth.org/social/locations/stmarymedical/services/care-center — Comprehensive AIDS Resource & Education Program and clinic offered through St. Mary Medical Center in Long Beach.

National Associations

Counseling.org — Website for the American Counseling Association with information and resources for students.

APA.org — Website for the American Psychological Association with a Psychology Help Center.

NIMH.NIH.gov — National Institute of Mental Health.

Consumer Information

Psychology.ca.gov — Organization dedicated to protecting the safety and welfare of consumers of psychological services.