

ALFRED UNIVERSITY RESOURCE GUIDE

Developed by the Wellness Center

Wellness Center

Counseling Services:

- Personal Counseling
- Group Counseling
- Crisis Response
- Consultation (to include Faculty and Staff)

Wellness Education:

- Peer Education Program
- Alcohol and drug sessions
- Individual health & wellness sessions
- Resource Library
- Classroom, residence halls, and other campus programming

Health Services:

- Flu vaccinations
- Immunizations
- Routine blood work
- Breast exams
- Pregnancy tests
- Pap tests
- Emergency Contraception
- Birth Control
- STI testing
- Cold & Flu
- Ear Infection
- Bronchitis
- Pneumonia
- Strep throat
- Skin rashes
- UTI/Urine cultures
- Diabetes
- Ear irrigations

Important Phone Numbers:

**Health Services	607-871-2400
**Counseling Services	607-871-2300
**AU Public Safety	607-871-2108
Alfred Police Department	607-587-8877
Rape Crisis of the Southern Tier	888-810-0093
Allegheny County Crisis Center	888-945-3970
AIDS Hotline	800-541-AIDS
Planned Parenthood of the Southern Finger Lakes	607-324-1124
St. James Mercy Hospital	607-324-8000
Wellsville Jones Memorial Hospital	585-593-1100
Express Care (non-emergency)	607-324-0490
Office of Student Affairs	607-871-2132
NYS Police Sexual Assault Hotline	844-845-7269
NYS Domestic Violence Hotline	800-942-6906
NYS Office of Victim Services	800-247-8035
Cattaraugus Community Action's Victim Services	888-945-3970

***best numbers to call when recognizing distressed students*

The Wellness Center is located on the corner of Park and Terrace Street

RECOGNIZE RESPOND REFER

1. RECOGNIZE

- Aggressive, anxious or demanding behavior
- Disheveled appearance
- Missing classes
- Not turning in assignments
- Substance abuse
- Thoughts of suicide

2. RESPOND

- Listen actively in a safe space
- Validate their experiences
- Ask open ended questions
- Share what you know
- Submit a Beacon Alert
- Encourage & assist student in seeking help

Verbal Responses...

- "I'm sorry that happened to you. You should know that I care."
- "This is important. Tell me more."
- "That must be hard. I want to help you find the right resources."
- "Your feelings are completely valid. Let's figure out what we can do."

3. REFER

Non-Emergency

- Encourage student to seek counseling services
- Follow up to show you are invested

For Immediate Attention

- Call with the student present to schedule an appointment
- Walk the student to the Wellness Center

*If you have concerns about a student, please feel free to call and speak with a counselor or email the Director

Scenarios & Resources

working with a student who...

	Dean of Students	Counseling Services	Pubic Safety
• talks about suicide/homicide		X	X
• is a danger to their self or others			X
• disrupts class and does not stop	X		X
• seems to be out of touch with reality		X	
• behaves hostilely or inappropriately	X	X	X
• shows signs of drug or alcohol abuse	X	X	
• is experiencing difficulty due to a loss or family illness		X	X
• is a victim of violence, bullying, or harassment/stalking	X	X	X
• appears to have an eating disorder or distorted body image		X	
• drastically changes appearance		X	
• seems overly emotional (beyond common behaviors)		X	
• discloses personal distress		X	

Faculty & Staff are encouraged to submit a Beacon Alert in addition

Signs of Depression & Thoughts of Suicide

- talking about death or wanting to die
- looking up ways to kill oneself
- too much or too little sleep
- increased use of drugs and/or alcohol
- talking about being a burden to others
- expressing lack of purpose in life or hope of a future
- reckless behavior
- withdrawing or isolating oneself
- visiting/calling loved ones to say goodbye
- giving away possessions and/or pets

Speech such as:

- "It won't matter soon enough"
- "When I'm gone..."
- "I just want to be done"
- "I just want to sleep"
- "It will be over soon anyway"
- "I'm just tired"
- "I can't keep doing this"
- "I just want to be alone"
- "I want to tell you something... never mind"

Self-Care

- exercise
- eat well
- get 7-9 hours of sleep (nap when needed)
- practice relaxation techniques (meditation or deep breathing)
- draw/paint
- or play a game
- call a friend
- cook/bake
- encourage student to make an appointment for the *Mind Spa*