

## Additional resources

**Rams Against Hunger** is a resource for students who are facing food insecurity, and a mobile foodbank is available on campus for both students and employees. Information about a meal swipe program, the food pantry, and other benefits available to our campus community is at <http://lsc.colostate.edu/slice/slice-engagement/rams-against-hunger>.

The **CARE Program** is a free university program that connects faculty and staff to low cost or no cost services such as physical and mental health care; food, clothing and household necessities; dependent and elder care; services for the disabled; housing, including emergency food and shelter; educational opportunities; transportation; pet care and other support services. Students who need these services can be connected through Student Case Management (see the Red Folder for more information).

## TRAINING OPPORTUNITIES

The rates of students experiencing mental health distress and suicidal crisis are increasing here at CSU and across the country. We all have an essential role in connecting students in distress to campus resources.

Two training opportunities exist to help you feel more equipped to handle this:

### At Risk

An interactive online role-play simulation for faculty and staff that builds awareness, knowledge, and skills about mental health and suicide prevention, and prepares users to lead real-life conversations with students that build resilience, strengthen relationships and connect them with support.

In this 45 minute training, which can be done individually at any time, faculty will learn the common indicators of psychological distress and how best to approach an at-risk student for referral to the counseling center. Access it here: <https://safety.colostate.edu/at-risk-training>

### Notice and Respond:

#### Assisting Student in Distress

Sometimes learning is best reinforced among a group of our peers. These 60-90 minute interactive workshops use a combination of learning modalities to learn how to recognize and respond to a range of mental health issues including suicide.

Participants can expect to:

- Observe a realistic filmed scenario of a conversation with a distressed student
- Engage in self-reflection and dialog
- Overcome fears, judgments and hesitations in order to help others
- Learn about response options they can use in their settings
- Consider campus resources that offer support

To learn more: <https://health.colostate.edu/noticeandrespond>.

To request a training of your department: email [janelle.patrias@colostate.edu](mailto:janelle.patrias@colostate.edu).

**These trainings are complimentary of one another. Both should be considered as viable options for groups and individuals.**

\*Interested in requesting additional Red Folders? New employees receive their Red Folder during new staff orientation, and folders are generally printed every other year. For more information, contact [DellRae.Ciaravola@colostate.edu](mailto:DellRae.Ciaravola@colostate.edu).