WHEN TO REFER TO COUNSELING

We're here to support nursing students' well-being.

Refer to the Student Development & Counseling Center (SDCC) if

a student is experiencing any of the following; but not limited to:

EMOTIONAL & MENTAL HEALTH CONCERNS

- Anxiety, excessive worry, or panic
- Depression, sadness, or loss of motivation
- Feeling overwhelmed or distressed
- Difficulty coping with stress
- Thoughts of self-harm or suicide ***(urgent)***

ACADEMIC CONCERNS WITH POSSIBLE UNDERLYING FACTORS

- Chronic procrastination
- Difficulty concentrating or focusing
- Burnout
- Loss of motivation or disengagement
- Sudden decline in academic performance
- Frequent absences

LIFE STRESSORS

- Relationship, family concerns, or conflict
- Financial stress
- Major life transitions
- Housing or food insecurity
- Health concerns

BEHAVIORAL OR INTERPERSONAL CONCERNS

- Withdrawal from others
- Increased irritability or emotional outbursts
- Difficulty managing conflict
- Expressing hopelessness or feeling "stuck"
- Noticeable changes in behavior or personality

IMPORTANT REMINDER

Some academic concerns can be influenced by stress, anxiety, depression, or other life circumstances.

When in doubt, refer!

WHAT WE OFFER

- Confidential, brief, solution-focused counseling.
- Programming to support well-being and success
- Referrals to additional counseling and community resources

KEY MESSAGE FOR FACULTY & STAFF:

If you're unsure whether a student's concern is something we can help with, **please refer them.** We're happy to connect and support!

STUDENT DEVELOPMENT & COUNSELING CENTER
COLLEGE OF NURSING

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Learn more about our services at **nursing.ecu.edu/sdcc.**