



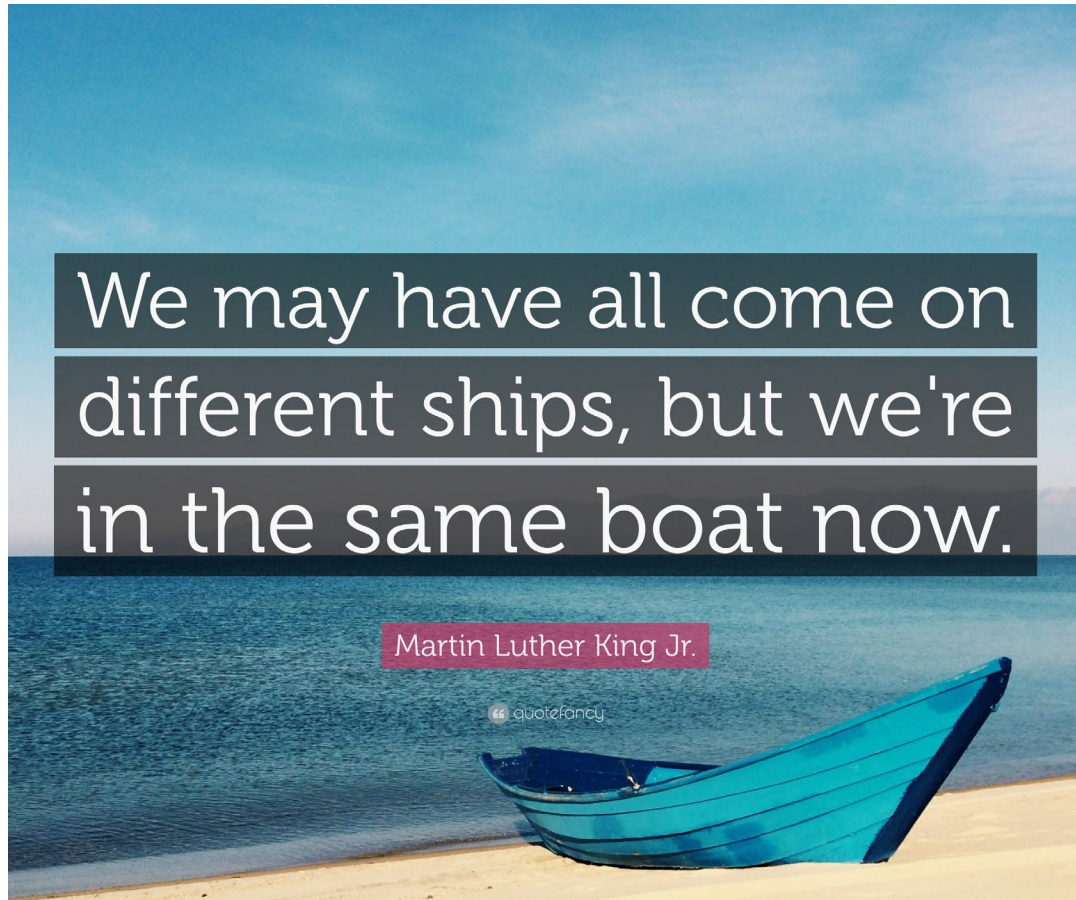
# Mental Health for Faculty and Students

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# We're in this together



You're not alone.

Faculty are integral to the flow and flourish of the Buffalo State University campus.

We can support students **and** each other at the same time.

# Communication

Student perspective

Counseling sessions v. class interactions.

Anxiety/avoidance trap.

Students respond to caring,  
even when it looks different  
across instructors.

Teaching modality + student needs vary—  
expect different engagement patterns.



# Maintaining Homeostasis: Toe-crunch, ice munch, keep CALM



**Somatic grounding:** firmly press and “crunch” your toes for 5-10 seconds, then fully flex- repeat.



**Cold object touch:** Bring cup of ice. Crunch the heck out of it; slip ice into your hand and let it melt. FEEL IT. Slow your breath.



**CALM:** **Center** (feet down), **Air** (slow breath), **Label** (name the feeling), **Move** (next small step).

# Counseling Center

## Question, Persuade, Refer



*Question. Persuade. Refer.*

The Counseling Center is here for faculty too. We can visit your class, faculty meetings, and retreats.

QPR is an evidence-based training about identifying people in a mental health crisis.

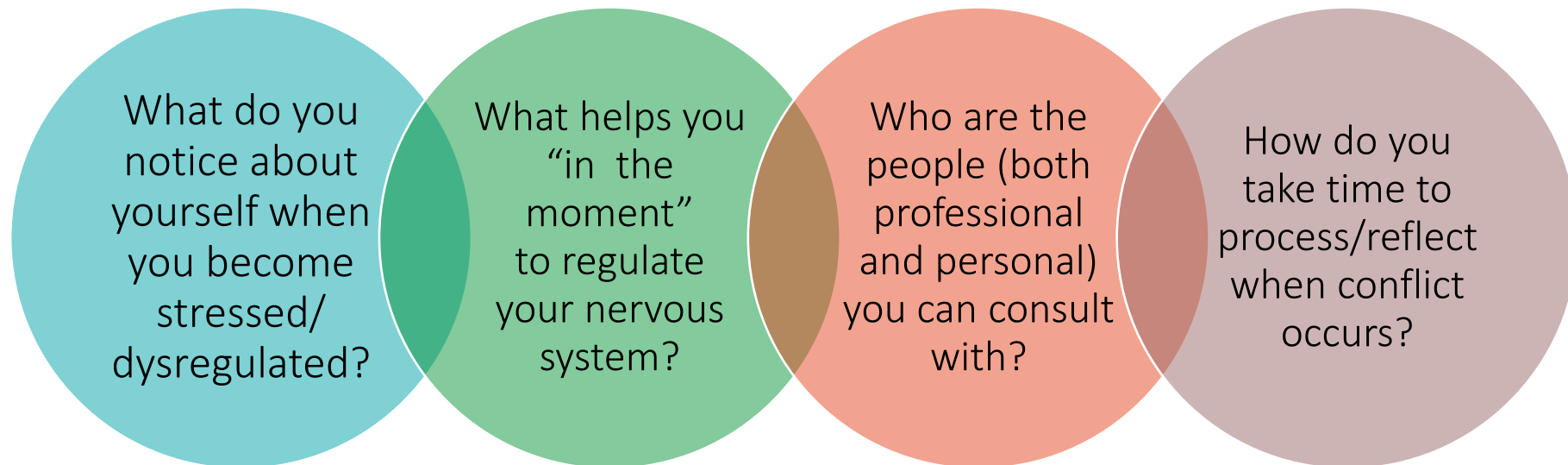
Learn about how to start conversations about mental health and ways to get students connected with resources effectively.

<https://counseling.buffalostate.edu/faculty-staff>



# Table Discussion

Use the Faculty Coping Card printout to assist in discussing the following with your group:



# Keep the conversation going...



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