



# How Do I Refer A Student for Counseling?



After initiating a conversation with a student about whom you are concerned, listen to the student in a warm, accepting, non-judgmental way and express your concern for her or him.

## Pose the Question

Ask the question like this; “From what we’ve talked about, it sure sounds like you have been under a lot of stress. The Counseling Center, here on campus, has people who have been specifically trained to listen to students and help them deal with stress. I’d be willing to help you get an appointment. Would that be okay?” Assure the student that the Counseling Center services are **free and confidential**. Try to instill hope that the problems can be resolved.



## Student Responses

1. If the student says “Yes,” call the Counseling Center at (678) 839-6428, let the receptionist know that you are with a student who would like to make an appointment. Hand the phone to the student and let our office take care of the rest!
2. Sometimes a student will say “No” to the referral or will say “I need to think about it.” In these instances, please give them the Counseling Center’s phone number and say, “I hope you’ll give this a try, at least once.” Framing the appointment as a “one-time consultation” can sometimes reduce the stigma that is still associated with seeking help.
3. Please remember that counseling is a personal choice, except when the student is a danger to himself/herself or to the lives of others. Not all students whom you approach out of concern will be receptive.

## Immediate Help

If the student needs immediate assistance, call **University Police at 678-839-6000**. University Police can connect the student with a counselor 24/7 and can assure that the student is safe.

## Disruptive Behavior

In some cases the student’s behavior not only presents concern about her or his welfare, but the behavior may also be disruptive to other students and be a violation of the student code of conduct. Students **cannot be forced** into counseling, if he or she elects to forgo treatment, you will want the opportunity to address the conduct issue. Additionally if the student takes steps to remedy his or her situation with treatment, administrative monitoring through the conduct process will provide documentation that the problem was indeed addressed. Consultation for faculty is available with the Student Conduct Office at 678-839-4733, a Patient Advocate at 678-839-6452, or the Director of Counseling at 678-839-6428.