

Tips on how to help MU students in emotional distress

Oxford community members regularly interact with college students from Miami University and occasionally request assistance with how to help students who disclose emotional distress. Here are a few tips.

- Keep it short and simple. ***"Thank you for confiding in me and I am so sorry you are going through all of that."***
- Refer the student to MU's counseling center which offers therapy for any registered MU student. ***"Have you considered reaching out to the Student Counseling Service? They have trained professionals eager to help! You can call them at 513-529-4634 to set up an appointment or get more information on their website (www.miamioh.edu/counseling)."***
- Set boundaries with the student so that they do not overly rely on you and use you as a therapist. ***"I wish I could help you more but I know the counselors at MU are experts in what you are talking about so why don't we give them a call to make an appointment?"***
- If you ever are worried about the student's physical safety (i.e., if they tell you they want to kill themselves), call 9-1-1 and police will conduct a risk assessment and can get them to a hospital, if needed.
- The Office of the Dean of Students provides the following online resources for MU faculty/staff who have concern for a student in crisis, but may have some utility for Oxford community members.
 - [Consultation](#)
 - [Care Team](#) *Note that community members, unaffiliated with the university, will need to call the Office of the Dean of Students (513-529-1877) instead of filling out an online report form
 - [Health & Safety Resources](#)
 - [Student Distress](#)