



## TIPS FOR HELPING YOURSELF AND YOUR PEERS IN NEED: C.A.R.E

### CONNECT

The relationships you make with peers, faculty and staff, campus departments, clubs and activities, both on- and off-campus, will be influential to your success throughout your collegiate journey.

- **Get to know your classmates, professors, academic advisor, neighbors, the Residence Life team in your residential area, etc.**
- **Know that counseling, health services, and accessibility services are available to you.**
- **Join a club or attend an activity that you may find enjoyable – The Davis Center is full of opportunities, connections, and liveliness.**

### ASSESS

You know yourself better than anyone else. Gently take an assessment of how you are doing and what you may be struggling with. Concerns may be in relation to academics, health and wellbeing, social, or a combination of much more. This is also a good time to consider if you are expressing significant risk to yourself and are in need of immediate attention.

- **Be proactive, and listen to yourself.** You are the expert of your life. Notice signs of distress in your life, engage with resources early on, reach out for help, and set limits on your behaviors (if necessary).
- **Be honest with yourself and others who may be offering support.**
- **Be kind and compassionate to yourself.** Being judgmental and hard on yourself will not help to solve your problems.

### REFER

If your needs, or those of a peer, exceed capacity, do not hesitate to become connected with the appropriate resources by filling out a CARE Form. This is one of the best ways to get acquainted with campus and community resources that provide specialized support.

- **Normalize the use of the CARE Form:** “A lot of people find it helpful to talk to a CARE Team Outreach Coordinator when they’re having these kinds of things going on.”
- **Explore reluctance to getting additional support:** “What has gotten in the way of me getting help?” “What would keep me from talking to a CARE Team Outreach Coordinator about these things?” “Could it be worth taking that step to talk to someone even though it can be difficult?”
- **Consultation:** Do not hesitate to reach out to the Dean of Student Affairs Office for consultation with the core CARE Team.

### ENGAGE

Getting help can feel intimidating and scary, but appropriate supports can lead to getting back on-track and alleviate the overwhelming sensations you may be experiencing. Getting help can be daunting, but engagement and follow-through with supports can be vitally important to your wellbeing.

- **Remember to breathe and attempt to ground yourself.**
- **Remember that you are successful and have many strengths:** “I can do this.” “I have gone through difficult times before, and I know I can come through this too.”
- **Remember to have hope, and that you are resilient:** Try to make your internal dialogue be non-confrontational, non-judgmental, calm, and emphasize your agency through empowering yourself.

**SAFETY FIRST!** The safety of the campus community is the top priority when anyone is displaying threatening, violent, or risky behavior. Do not hesitate to contact Emergency Services when deemed to be necessary.

# CARE CONCERN CHECK LIST

## PSYCHOLOGICAL INDICATORS

### Emotional Wellbeing

- Have you or your friend been experiencing persistent sadness, stress, anxiety, or emotional distress?
- Have there been frequent episodes of tearfulness, panic, irritability, or emotional overwhelm?
- Have you noticed unusual apathy, lack of motivation, or difficulty coping with everyday responsibilities?

### Personal Stressors

- Is your friend experiencing family difficulties, financial challenges, grief, relationship concerns, or another major life stressors that are affecting their wellbeing, academics, or daily functioning?

### Mental Health & Substance Use Concerns

- Has your friend shared concerns about depression, anxiety, or another mental health concern?
- Are you concerned about alcohol or drug use?

### Hopelessness & Self-Worth

- Has your friend expressed feeling hopeless, isolated, trapped, worthless, or like a burden?

### Suicide or Self-Harm Concerns

- Has your friend talked about self-harm, suicide, death, or dying?
- Have they made direct or indirect statements suggesting they do not want to be here anymore?

## BEHAVIORAL INDICATORS

### Social Withdrawal & Interpersonal Concerns

- Have you or your friend become more isolated or withdrawn from friends, family, or campus activities?
- Have you noticed significant changes in how they interact with others?

### Anger, Hostility, or Concerning Conduct

- Have there been increases in anger, hostility, aggression, or conflict with others?
- Have they displayed behavior that seems extreme or out of character?

### Changes in Appearance & Self-Care

- Have you noticed significant changes in appearance, grooming, or personal hygiene?
- Has there been noticeable weight changes?

### Unusual or Bizarre Behavior

- Have you or your friend behaved in ways that seem very unusual, confusing, or inappropriate?
- Have they reported seeing or hearing things that others do not?

### Safety & Threat Concerns

- Has your friend made statements about hurting themselves or someone else?
- Have they made direct or indirect threats toward others?
- Are you concerned about their immediate safety or the safety of others?

## ACADEMIC INDICATORS

### Academic Performance & Engagement

- Have you or your friend been missing classes, assignments, quizzes, or exams?
- Have grades or the quality of work noticeable declined?
- Has it become difficult to stay organized, meet deadlines, or complete coursework?
- Does school feel overwhelming or harder to manage than usual?

### Reliance on Academic Support

- Have you or your friend been seeking significantly more help for professors, advisors, or tutors than usual?
- Have there been repeated requests for extensions, exceptions, or special considerations?
- Does it feel difficult to complete coursework without frequent reassurance or support?

### Consider submitting a CARE referral if:

- Multiple items were selected in any category.
- Concerns are increasing in frequency or severity.
- Multiple people have expressed concerns.
- There is any concern about wellbeing, safety, or the ability to be successful at UVM.

*Based on your concerns, would you like support connecting yourself or your friend with a CARE Team Outreach Coordinator?*

# POTENTIAL RESOURCES FOR YOURSELF OR PEERS IN NEED

If you or a peer is struggling, please know that you are not alone. There are many other resources, both on- and off-campus that can help. This list is not exhaustive but can provide support if you find yourself in a crisis situation, have experienced interpersonal violence, or have experienced a sexual assault.

## ON-CAMPUS RESOURCES

**Dean of Students Office:** (802) 656-3380

**Residence Life\*:** (802) 656-3434 | [reslife@smcvt.edu](mailto:reslife@smcvt.edu)

**UVM Police Services\*:** Emergency: 911 | 24/7 Assistance: (802) 656-3473

### Center for Health and Wellbeing

- Medical Care at Student Health Services: Schedule through MyWellbeing Health Portal or call (802) 656-3350
- Counseling and Psychiatry Services (CAPS)\*: Schedule an appointment by calling (802) 656-3340. Let's Talk (drop-in counseling) available Monday through Friday from 1:00pm - 4:00pm.

**Office of Equal Opportunity:** [EqualOpportunity@uvm.edu](mailto:EqualOpportunity@uvm.edu)

- Title IX and Sexual Misconduct: (802) 656-3368 | [TitleIX@uvm.edu](mailto:TitleIX@uvm.edu)
- Bias Reporting

**Office of Accessibility:** (802) 656-7753 | [access@uvm.edu](mailto:access@uvm.edu)

- Student Accessibility Services (SAS)

### UVM Identity Centers

- **Interfaith Center:** (802) 656-4703 | [Interfaith@uvm.edu](mailto:Interfaith@uvm.edu)
- **Mosaic Intercultural Center (Students of Color):** (802) 656-3819 | [mcsc@uvm.edu](mailto:mcsc@uvm.edu)
- **Prism Intercultural Center (LGBTQ+):** (802) 656-8637 | [prism@uvm.edu](mailto:prism@uvm.edu)
- **Women and Gender Equity Center:** [WAGE@uvm.edu](mailto:WAGE@uvm.edu)

**Office of Student and Community Relations:** [oscr@uvm.edu](mailto:oscr@uvm.edu)

**Your Academic College or Department**

## OFF-CAMPUS RESOURCES

**Howard Center:** (802) 488-600 | [hcinfor@howardcenter.org](mailto:hcinfor@howardcenter.org)

- **First Call (for Chittenden County)\*:** (802) 488-7777
- **Mental Health Urgent Care:** (802) 488-6482 | No appointment needed; Monday-Friday from 9:00am-5:00pm. Located at 1 South Prospect Street, Burlington, VT
- **Street & Community Outreach:** (802) 488-7013 (Burlington) | (802) 488-7778 (Chittenden County)

**The Steve Fund (for young people of color)\*:** Text "Steve" to 741741

**The Trevor Project (for LGBTQ+ young people)\*:** (866) 488-7386 | Text "START" to 678-678

**National Mental Health Crisis Support\*:** 988

**Vermont Crisis Text Line\*:** Text "VT" to 741741

**University of Vermont Medical Center\***

**Vermont Counseling Network:** Provides an updated list of therapists currently accepting new clients.

**Steps to End Domestic Violence\*:** (802) 658-1996 | [steps@stepsvt.org](mailto:steps@stepsvt.org)

**National Domestic Violence Hotline\*:** (800) 799-7233 | Text "BEGIN" to 88788

**HOPE Works\*:** (802) 863-1236 | [hopeworksvt.org](http://hopeworksvt.org)

**National Sexual Assault Hotline\*:** (800) 656-HOPE (4673)

\* Indicates resources that are available 24/7

## HOW TO REFER YOURSELF OR A PEER

If you feel there is more going-on and have concern for your health and wellbeing, safety, or retention, there are more resources available. The CARE Team is dedicated to connecting students with the resources and supports that may be needed, both on- and off-campus.

When submitting a CARE Form, please consider the following:

**Be clear and concise:** Provide relevant information for the CARE Team to act on.

**Describe behaviors and objective facts:** Avoid gossip, subjective opinions, and diagnosis.

**Share what you, or other people, did to support or address the concern.**

**Be respectful and professional.**

SCAN ME

