



College Students in Distress: A Resource Guide for Faculty, Staff, and Campus Community (Haworth Series in Clinical Psychotherapy)

Bruce Sharkin

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Be prepared to deal with campus situations that involve students in emotional crisis

College Students in Distress provides college personnel with invaluable information on how to identify and refer emotionally troubled students for professional counseling. Dr. Bruce S. Sharkin, a staff psychologist at Kutztown University in Pennsylvania, addresses general warning signs of student distress, symptoms of specific psychological problems such as anxiety and depression, guidelines for interventions, and methods of making a referral for counseling. The book also examines current mental health issues for college students and provides an overview of common campus policies and procedures, such as psychological emergencies, withdrawal and readmission, and mandatory counseling.

College Students in Distress provides the answers you need to manage difficult—and potentially dangerous—situations on campus. Case examples based on real-life experiences give you a clear sense of what can happen when responding to students in emotional distress, particularly when dealing with specific issues and student populations, and will help in your efforts to review and/or revise the current practices of your school. This unique book is essential as a resource and referral guide that raises awareness of this growing national problem without being limited to the characteristics of a particular college or university.

Topics examined in College Students in Distress include:

- the impact of mental health problems on academics
- the roles and functions of college counseling services
- indicators of emotional disturbance
- suicidal behavior
- self-inflicted harm
- eating disorders
- guidelines for intervention
- accommodations for students with psychological disabilities
- and much more

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