

When to Refer a Someone to a Mental Health Professional

Most of the LGBT students and colleagues you encounter will be seeking support, advice, or information. Occasionally, you may encounter a person who is experiencing extreme psychological distress. The following are signs that you need to suggest that that person seek professional assistance.

IWU Counseling and Consultation Services would be an appropriate first referral for students. They offer counseling services for students free of charge. IWU employees can contact the Employee Assistance Program to be connected with a counselor 24 hours a day, free of charge.

1. A person expresses suicidal thoughts or feelings.
2. A person can no longer cope with their day to day activities and responsibilities. She/He may no longer be going to classes/work.
3. A person has symptoms of depression such as: sleep disturbance, sudden weight loss or weight gain, crying spells, fatigue, loss of interest or pleasure in previous enjoyable activities, and/or inability to concentrate or complete tasks.
4. A person has severe anxiety symptoms such as: panic, shortness of breath, headaches, sweaty palms, dry mouth, or racing thoughts.
5. A student states they are no longer able to function in their normal capacity within their classes and/or have seen a drop in grades or academic performance.
6. A person has no support. They have no friends they can talk to about their sexual orientation. This person may not necessarily need counseling, but may benefit from a support group. Counseling and Consultation Services can make that assessment and referral.
7. If you, the IWU Safe Zone member, are feeling overwhelmed or worried about someone, referring them to a mental health professional would probably be appropriate.

Counseling and Consultation Services (Magill Lower Level)
(309) 556-3052

Employee Assistance Program
(800) 252-4555