

Referral for Mental Health Care: When & How?

WHEN?

Please consider making a referral to Student Counseling Services (SCS) if you observe any **changes** in:

- *Emotional Response*
- *Performance*
- *Odd/unusual behaviors*
- *Appearance,*
- *Self-care,*
- *Extremes*

Signs to look for:

Cognitively	Emotionally	Physically	Behaviorally
<ul style="list-style-type: none"> •Memory problems. •Difficulty making decisions. •Inability to concentrate. •Confusion. •Seeing only the negative. •Repetitive or racing thoughts. •Poor judgment. •Loss of objectivity. •Desire to escape or run away. 	<ul style="list-style-type: none"> •Moody and hypersensitive. •Restlessness and anxiety. •Depression. •Anger and resentment. •Easily irritated and “on edge”. •Sense of being overwhelmed. •Lack of confidence. •Apathy. •Urge to laugh or cry at inappropriate times. 	<ul style="list-style-type: none"> •Headaches. •Digestive problems. •Muscle tension and pain. •Sleep disturbances. •Fatigue. •Chest pain, irregular heartbeat. •High blood pressure. •Weight gain or loss. •Asthma or shortness of breath. •Skin problems. 	<ul style="list-style-type: none"> •Eating more or less. •Sleeping too much or too little. •Isolating self from others. •Neglecting your responsibilities. •Increasing alcohol and drug use. •Nervous habits (e.g. nail biting, pacing). •Teeth grinding or jaw clenching. •Overdoing activities such as exercising or shopping. •Losing your temper. •Overreacting to unexpected problems.

- Reactions/symptoms severe or prolonged (over two weeks)
- Reactions/symptoms interfere with recovery or return to usual activities
- Reactions/symptoms interfere with treatment adherence
- Severe concurrent stressors or lack of social support

HOW?

For any concerns about students, you can reach out directly to SCS by sending an email to scs@kaust.edu.sa