



While Waiting for Aid to Arrive:

'2 SUR YL GDIH VHF XUH T2X15H W0S D DIFHWKH VWXGHQW DORQH  
'2 DVN WRHPWD\ XQWLO '2 H P S W U U W R H V H V W U D L Q K L P R U K H  
'2 OLVWHQ DFWLYHO\ DQZ1 V K R Z H P S D Q J H R U F R Q I U R Q W W K  
'2 PDLQWDLQ D VXSSRUW L Y H P W Q L L P V X G M K H V W X G H Q W V G L

Tips for Recognizing Distressed Students (Not in Crisis/Emergency)

(YHU\RQH H[SHULHQFH V\PSWRPV RI GLVWUHV V DW RQH W  
SHUVLVW RYHU WLPH DQG RU LQ D Q H D I G H I R Q D M Y H V W W Q F M K L

What Can You Do? (Not in Crisis/Emergency)

,I \RX FKRRVH WR DSSURDFK D VWXGHQW RU LI D VWXGHQW  
SUREOHPV WKH IROORZLQJ VXJJHVWLRQV DUH UHFRPPHQG

TALK ZLWK WKH VWXGHQW LQ SULYDWH <RX PD\ QHNGXWR V  
DUH XVKISGRU FFXSLHG ([SUHVV \RXU FRQFHUQ E\ UHIHUULQ

How to Get Started at the Counseling Center

7K & RXQVHOLDV & SIOVHU 0RQGD6WKGHRQWKV )DWL6 DVNHG W  
WKH LQLWLDZ6LSFKSWDZIRUN ,I WPKLQVZMZFHDQHHQ EDDQ RQ  
FRXQVHORU IRU D EUL6W XGHQWRQLQWFULKDW W PDLPHHTXHVV V  
SULRU WR FRPSOHV7K6JVWK6HSQSHLZRCU6H DVVLJQHG WR D  
ZHHN RI FRPSOHWLQJ SDSHUZRUN DQG IWKVWF6SQRHQW6HZQ

)RU D IXOO 6IHRVULSHWLYR6HV SO [FDVHDXLWLDWRXHGZH6RXQV](#)

9LVLW WKH &RXQVHOLQJ &HQWHU 9LOODJH IRU YLUWXDO S  
[KWS XE FRXQVHOLQJ EXIIDOR HGX FFY KWPO](#)

MSU On