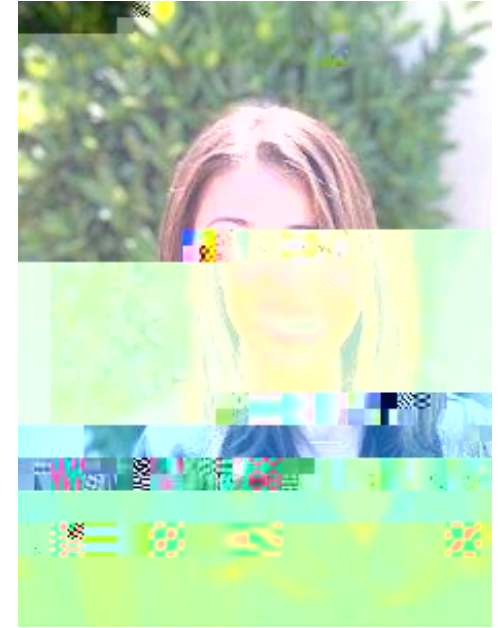


Supporting Mental Health

Introductions



Mental
Health and
Academics

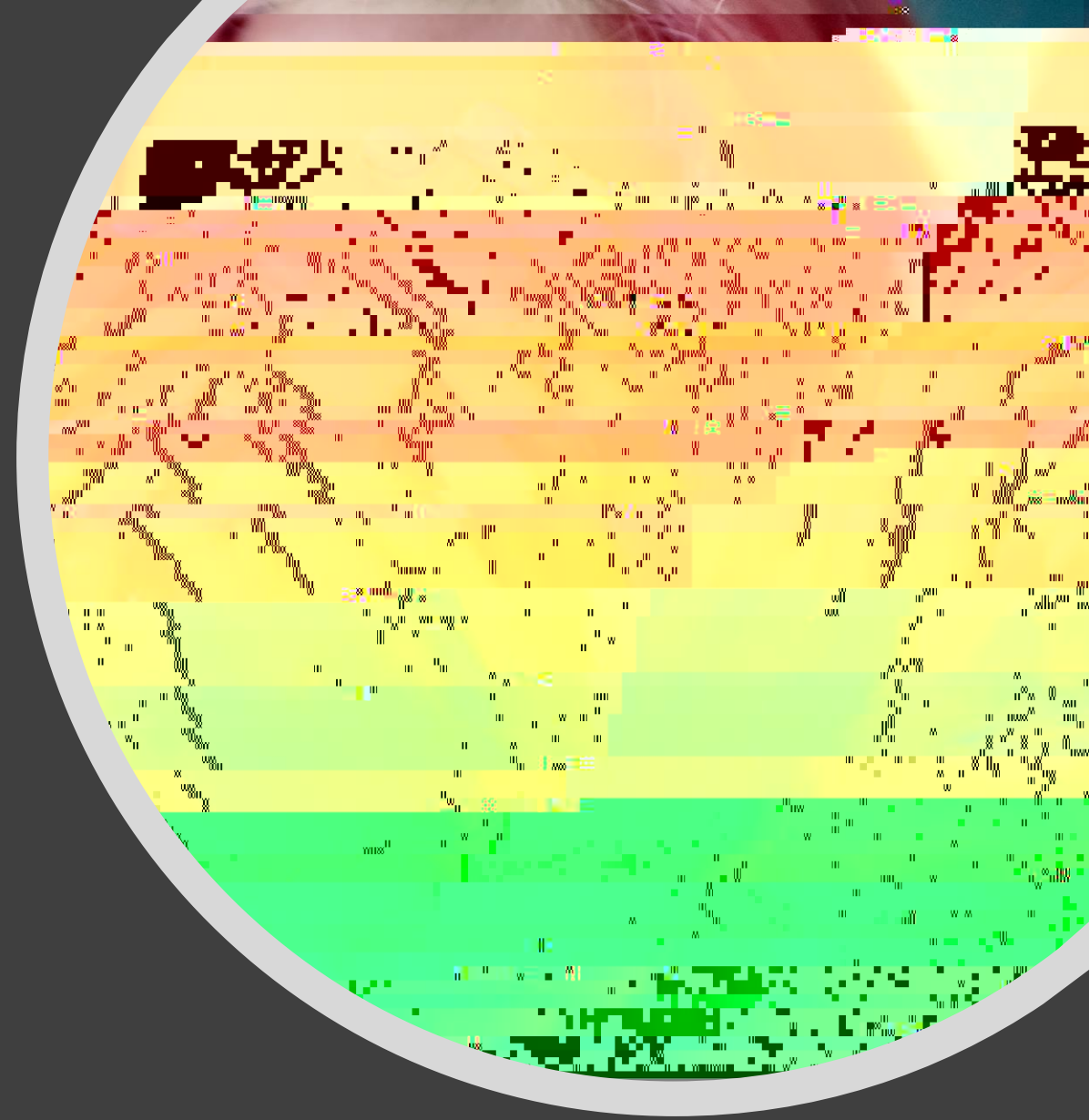




Common
stressors
facing
students

| Common stressors for tutors

Signs and symptoms of distress



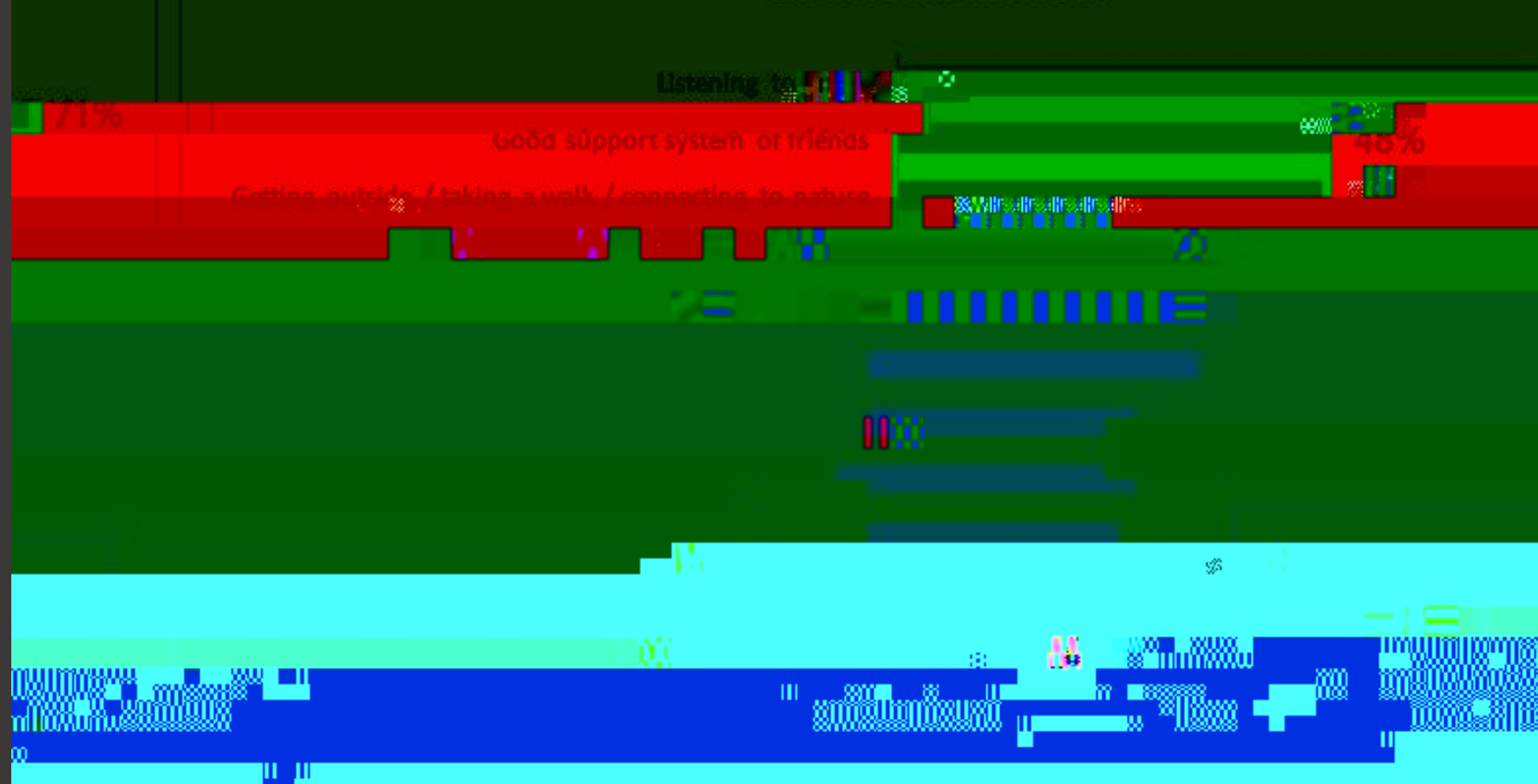
Recognizing signs of distress When tutoring



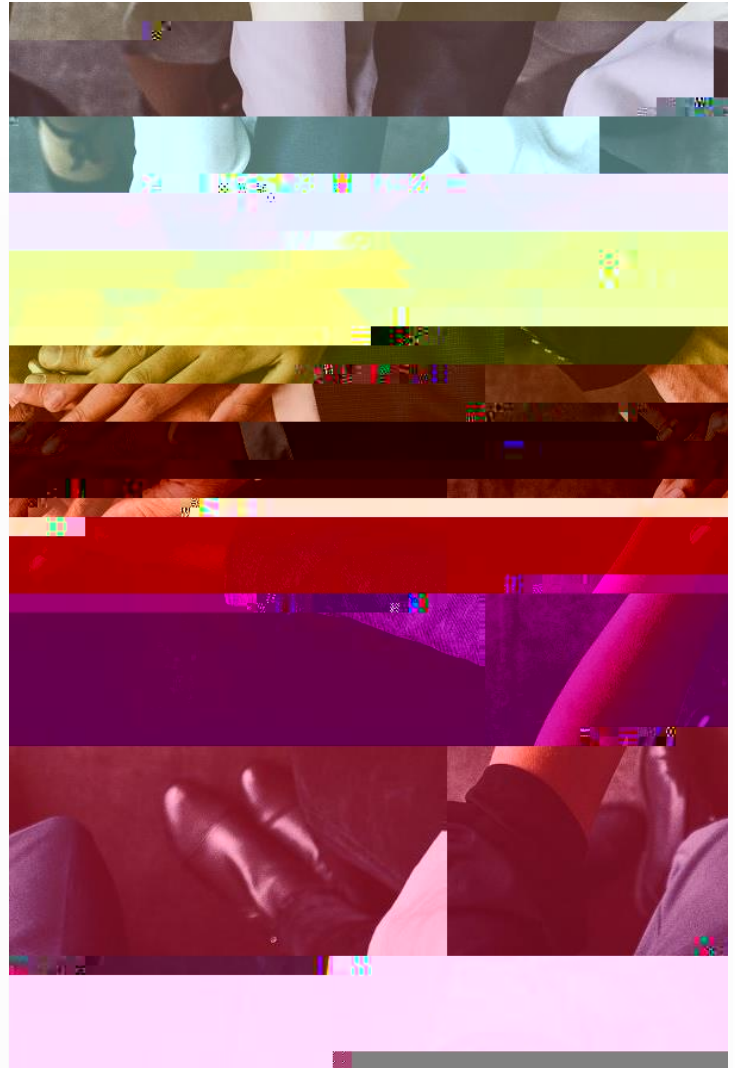
How not to help



Chart 4: What tools are you most frequently using to care for your emotional health?



How to support others



When to refer

Referrals



Text START to 741-741

988 (or 1-800-273-TALK)



