If you have questions or are uncertain about a student, please call one of the resources listed below. Each of these agencies serves as consultants and resource persons to faculty and staff.

AVC Wellness, Health & Counseling Services  
949.824.4642

Counseling Center  
949.824.6457

Clinical Social Worker  
949.824.1418

Campus Counsel  
949.824.2880

Dean of Students  
949.824.5590

UCI Police Department  
949.824.5223

UCI Faculty and Staff  
Register Now!

1. Go to the UC Learning Center at www.uclc.uci.edu
2. Click Login, then enter your UCI NetID and password
3. Type the word “Distress” in the search field and click “Go”
4. Click on each title of the class you wish to attend and select “Register”
5. Review the activity details and select “Submit” to complete your registration

UCI Counseling Center  
203 Student Services I  
Irvine, CA 92697  
949.824.6457  
www.counseling.uci.edu

Learn skills to respond to an individual who is distressed or who is causing distress by registering for one, two, or all three free educational workshops and learn the skills necessary to diffuse situations before they get serious. Make a positive impact on the lives of students, co-workers, and the UCI community.
### Overview of Workshops

Register for **one, two, or all three** free educational workshops. Attending all three will help you be well prepared for a variety of situations and needs. Although these trainings are focused on learning how to help students, these same skills can be used to help a colleague or peer in distress.

Information about dates, times, and locations are available at:
[www.uclc.uci.edu](http://www.uclc.uci.edu), keyword “distress”

<table>
<thead>
<tr>
<th>Workshop 1</th>
<th>Workshop 2</th>
<th>Workshop 3</th>
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<tbody>
<tr>
<td><strong>Dealing with Disruptive or Distressed Students</strong>&lt;br&gt;(60 minutes)</td>
<td><strong>Suicide Prevention Training:</strong>&lt;br&gt;QPR—Question, Persuade, Refer&lt;br&gt;(60 minutes)</td>
<td><strong>Bystander Intervention Training:</strong>&lt;br&gt;Step Up! UCI&lt;br&gt;(60 minutes)</td>
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<tr>
<td><strong>Instructors:</strong> UCI Campus Consultation Staff</td>
<td><strong>Instructors:</strong> UCI Counseling Center’s Professional Staff</td>
<td><strong>Instructors:</strong> Wellness, Health &amp; Counseling Staff</td>
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<tr>
<td>Learn how to recognize and respond to distressed or distressing students. Topics include:</td>
<td>Through experiential exercises and frank discussion, learn how to effectively interact with a suicidal individual and overcome obstacles that often leave someone in crisis feeling judged, misunderstood, invalidated and dismissed. Topics include:</td>
<td>Step Up! is a pro-social behavior bystander intervention training that educates faculty and staff to be proactive in helping others. Teaching people about the determinants of pro-social behaviors increases awareness of their reticence to be more helpful. As a result they are more likely to help in the future. Topics include:</td>
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<tr>
<td>• An introduction to the UCI Consultation Team and how and when to consult them</td>
<td>• Helping participants to identify risk and protective factors for suicide</td>
<td>• Increased awareness of helping behaviors</td>
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<tr>
<td>• Tips and strategies for interacting with a distressed and/or disruptive student</td>
<td>• How to intervene with individual at risk for suicide</td>
<td>• Determinants of motivation to help</td>
</tr>
<tr>
<td>• When and how to notify appropriate staff and refer a student to the right resources</td>
<td>• Practice in the QPR skills of questioning, persuading, and referring suicidal individuals</td>
<td>• Skills and confidence development when responding to problems or concerns</td>
</tr>
<tr>
<td>• Information on UCI resources and policies to support faculty, staff, and student leaders faced with a distressed student, disruptive student, or workplace violence</td>
<td>• How to contribute to suicide prevention</td>
<td>• How to ensure the safety and well-being of self and others</td>
</tr>
</tbody>
</table>

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