Assisting Students with Emotional and/or Behavioral Concerns
Tim Paquette, Ph.D.

Counseling & Consultation Services (CCS)
- Initial Consultation Appointments: Monday - Friday, 11:00 AM- 3:30 PM
- Individual & Group Counseling
- Crisis Response & Support
- Substance Use Education Program & Eating Concerns/Body Image Assessment
- Consultation
  - With faculty, staff, & TA's/GA's
  - With students, friends, parents, & family members
  - With other mental health and health professionals
- Outreach presentations & programs on a variety of mental health and college student development topics

Key Concepts
- Emotional and behavioral concerns, especially sudden or significant changes, can be indicative of more significant personal and psychological problems. Student behaviors may be disruptive to your class and cause you to have concern for the well-being and safety of an individual student, your classroom, and/or yourself.
- Remember to stay calm, supportive, and professional. Speak with a student of concern privately whenever possible, directly communicate your observations and concerns, listen, and ask how you can provide support and assistance.
- Although you may be reluctant to consult with CCS for a number of reasons, it is best to utilize this service as soon as possible to help address your concerns about a student.

Next Steps
Add the Crisis Services information to your teaching notes. It is available 24 hours a day. During the day call CCS at 815-753-1206. After hours and on the weekends, you also call 815-753-1206 to be directly connected to the CCS on-call service.

Resources
Counseling and Consultation Services, Campus Life Building 200
niu.edu/counseling

Questions?
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View the presentation at go.niu.edu/tai19