



PEER ADVOCATE LIASON (PAL) ORIENTATION

CAMPUS ASSISTANCE PROGRAM

(504) 568-8888 • cap@lsuhsc.edu

HDC @ 411 S. Prieur, Suite 233

PAL Responsibilities

- Make yourself known
- Be the bridge to resources for your classmates in distress
- Promote Mental Health and Wellness on campus

Warning Signs of Distress

- Decline in school functioning or performance
- Troubling change in appearance or hygiene
- Social withdrawal
- Excessive irritability, anger, moodiness
- Unusual or bizarre behavior
- Person talks of death, self-harm or harm to others
- Person expresses feelings of hopelessness
- Signs of drug or alcohol abuse
- Others express concern about the person

How to Help Someone in Distress

- Remain calm
- Speak with the person in private
- Let them know why you are concerned
- Listen with sensitivity
- Know your limits
 - You are not the counselor
 - CAP and PAL mentors
 - Student Affairs
 - Campus Police

Remember

- Don't put yourself at risk
- Avoid criticism or disapproval towards someone in distress
- Follow your intuition if you believe that something is wrong
- Don't assume that someone else will intervene

Tips for Handling Disclosure of Suicidal Ideation

- Acknowledge your own feelings
- Express concern
- JUST ASK! “Are you thinking about killing yourself?” “Are you okay?”
- Acknowledge and Validate the disclosure
- Encourage treatment
- REMEMBER: You are not alone and you can’t handle it alone!

PAL Activity Ideas

- Distribute health and wellness information from e-mail distribution list
- Arrange activities or distribute information related to national health observances
 - Healthfinder.gov has a calendar of national health observances
- Participate in community awareness or fundraising activities with your classmates Suggest speakers or topics of interest to you or your classmates

PAL Activity Ideas ctd.

- Arrange special treats or “potluck” get-together as a reward after exam time
- Arrange recreational activities (on-campus “movie night”)
- Send e-mail reminders regarding self-care and stress management to classmates during challenging academic periods
- Attend community events with classmates (ex. – meetup.com, eventbrite.com)
- Respond to quarterly Survey Monkey “check-in”
- Refer classmates to CAP or other resources as needed

Promote Self-Care

- The best way to take care of others is to take compassionate care of yourself
- Know your coping skills
- Share these coping skills with others
- Time management is key
- Remind one another to ask for support when needed

PAL Website

<http://www.lsuhsu.edu/orgs/campushealth/pal.aspx>

**Take our
confidential online
*STRESS &
DEPRESSION
SCREENING***

PAL Posters

Who is my **PAL**?

If you are experiencing personal, academic or emotional problems and would like to learn more about resources available on and off campus, scan the code to find a PAL representative in your school or class.



For more information, call
the Campus Assistance Program at
(504) 568-8888
or visit the PAL website at
[http://www.lsuhsu.edu/orgs/
campushealth/pal.aspx](http://www.lsuhsu.edu/orgs/campushealth/pal.aspx)

Peer Advocate Liaison

Emergency Numbers – On Campus

LSUHSC Police

(504) 568-8999

Campus Assistance Program

(504) 568-8888

Administration

- Interim Chancellor
Steve Nelson, MD
(504) 568-4800
- Vice Chancellor of Academic Affairs
Janet Southerland, DDS, MPH,
PhD
(504) 568-4804

Student Affairs

- LSUHSC School of Dentistry
Heather Allen, RDH, BSDH, MSHCM
(504) 941-8155
- LSUHSC School of Allied Health Professions
Yudi Cazanans
(504) 568-4253
- LSUHSC School of Nursing
Todd Tartavouille, PhD
(504) 568-4013
- LSUHSC School of Medicine
Cathy Lazarus, PhD
(504) 568-4874
- LSUHSC Graduate Studies
Leigh Smith-Vaniz, M.A.
(504) 568-2211
- LSUHSC School of Public Health
Isabel Billiot, MEd
(504) 568-5773

Emergency Numbers – Off Campus

- **Local Police**
911
- **VIA LINK Crisis Line & Community Resource Directory**
211
- **Suicide Prevention Lifeline**
988
1-800-628-9454 (Spanish speaking)
1-866-488-7386 (The Trevor Project: LGBTQ+)
- **Metropolitan Crisis Response Team** (Orleans, St. Bernard & Plaquemines Parishes)
(504) 826-2675
- **Mobile Crisis Services** (Jefferson Parish)
(504) 832-5123

Emergency Numbers – Off Campus

- Domestic Violence / Sexual Assault Hotlines
 - Orleans Parish (504) 866-9554
 - Jefferson Parish (504) 837-5400
 - National D.V. Hotline 800-799-SAFE (7233)
 - National S.A. Hotline 800-656-HOPE (4673)
- Poison Control 800-222-1222
- Child Abuse Hotline 800-4-A-CHILD (422-4453)
- SAMHSA Substance Abuse & Mental Health Helpline 800-662-HELP (4357)

Campus Safety

- Emergency Preparedness
- Emergency Alert System
- uTip
- LSU Shield Mobile App
- Active Shooter Training
- Rape Aggression Defense
- Responsible Use of Alcohol

LSUHSC Resources and Programs

- Behavioral Sciences Center
- Campus Assistance Program (CAP)
- Campus Police
- Department of Communication Disorders
- Off Campus Professional Counseling
- Office of Disability Services
- Office of Diversity & Inclusion
- LSU Psychological Services Center
- Student Health Clinic
- Wellness Center

LSUHSC Policies of Interest to Students

- CM-36 – Alcohol Use (Server’s Training Available)
- CM-38 – Substance Abuse
- CM-44 – Campus Security Policy &
Campus Violence Risk Reduction Plan
- CM-37 – Fitness for Duty
- CM-56 – Student Responsibilities and Rights
- CM-42 – Information Technology
- CM-51 – Weather Related Emergency Procedures
- PM-73 – Title IX & Sexual Misconduct Policy

- The complete text of all policies can be found on the LSUHSC website at <http://www.lsuhsoc.edu/administration/subscriptions/>

Online Resources

- **ULifeline** – www.ulifeline.org/lzuhsc
- **Half of Us** – www.halfofus.com
- **Helpguide** – www.helpguide.org
- **Psychology Help Center** – www.apa.org/helpcenter
- **VIA LINK** – www.vialink.org
- **Suicide Prevention Lifeline** - www.suicidepreventionlifeline.org

**Questions?
Comments?
Ideas?**

**THANK YOU
for being a PAL!**