Dear UC Berkeley Faculty/Staff member:

The Office of the Dean of Students and Counseling and Psychological Services are pleased to introduce the **Gold Folder (Faculty/Staff Reference to Assist Students in Distress)**. This resource is designed as a guide to help you identify the signs of a distressed or disruptive student, know how to approach and engage the student you are concerned about, and know how to access the appropriate resources to help yourself, the student, and the campus community.

In light of various campus tragedies over the years, all of us are concerned about students who may be a danger to the community and/or to themselves. If you are concerned about a student’s behavior, the Gold Folder can be used as a practical guide to determine possible next steps and to locate appropriate campus resources. A far more likely scenario is a student posing danger to themselves. You may be surprised to know that the American College Health Association reported in 2011 that at some point over the past academic year:

- 45% of students said they felt that things were hopeless
- 30% of students reported being so depressed that they could not function
- 7% of students seriously considered attempting suicide

The Office of the Dean of Students and Counseling and Psychological Services know some students will struggle during their time here, and we have a wide range of resources to assist them. Too many, however, suffer in silence because they are afraid to ask for help or do not know where to turn. We believe by educating people throughout our university community about the signs of a student in distress, how to respond, and where to access resources, we can increase the likelihood that students will get the help that they need to succeed.

As a faculty/staff member, you may have contact with a great number of students, and only a few are likely to raise a red flag. Although you may be able to provide some level of guidance and support, we do not expect you to take on the sole responsibility to counsel when it is outside of your scope. Instead, we ask you to bring them to the attention of those trained to do so. If you have a personal connection to a student who concerns you, help us to normalize the notion of asking for help by empowering the student to take responsibility for their well-being.

Thank you for taking the time to review these materials. We strive for a campus community where students grow and thrive, meeting the challenges inherent in college life. With your help, we are confident we can achieve this goal.

*In addition to the electronic version, many of you will also be receiving a hard copy version delivered to your department or office. We look forward to updating you about how to access the mobile app for your smart phone device in the near future. We are also offering in-person trainings for faculty and staff on April 18th, 3:30-5:30pm and April 25th, 3-5pm. Please contact berkeley2u@berkeley.edu to sign up or if you have questions about the trainings. If you cannot access the in-person trainings, you may also view a brief online training available at: [http://www.uhs.berkeley.edu/depressiontraining/index.htm](http://www.uhs.berkeley.edu/depressiontraining/index.htm)*

Sincerely,

Akirah Bradley, Assistant Dean of Students

Jeffrey Prince, Director: Counseling and Psychological Services