

A Big Red Folder Resource

STUDENT REFERRAL GUIDE

You can make a difference by submitting referrals to units that support UNL students' academic, social, and emotional wellbeing and consulting with their staff for advice on supporting students in need.

Personal or Life Issues

The student is facing or responding to a life event and needs non-clinical support, a connection to resources, or assistance navigating university processes.

Non-clinical support for:

- Medical emergencies & hospitalization
- Family emergencies
- Financial challenges
- Housing and/or food insecurity
- Death or loss
- Substance misuse

Academic Issues

Student is struggling academically or facing issues impacting their academic performance and could benefit from additional support and resources.

Support for:

- Irregular or stopped class attendance
- Poor grades or declining performance on assignments
- Anxiety about academic performance
- Homesickness, transition, & belonging issues
- Registration enrollment holds

Mental Health Issues

Student is struggling with mental health issues or has expressed a need for mental health support.

Clinical support for:

- Mental health emergencies
- Anxiety & depression
- Significant distress, trauma, or loss
- Self-esteem
- Coping effectively with stress
- Interpersonal concerns

**Refer to Student
Advocacy and Support**

Refer to an Academic Navigator
For graduate students, refer to Graduate Studies

**Refer to Counseling and
Psychological Services (CAPS)**

If a student poses a danger to themselves or others, contact University Police at **2-2222**
If a student is experiencing a mental health crisis, call **402-472-7450, Press 4**, to speak with a CAPS on-call counselor (24/7)

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for referral forms, contact information, and to learn about resources

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