



California State University, Fresno

## Dear Faculty and Staff,

I hope the end of your fall semester is going well. As you know, this time of the semester coupled with the winter holidays can bring increased stress to students. With final deadlines for papers approaching and final exams about to begin, students may be displaying signs of distress. I would like to remind you of resources available to help you if you encounter a student who is struggling emotionally.

Now is a good time to review the Red Folder materials that can help you spot the indicators of stress, and know how to help students in need. Please familiarize yourself with the indicators of stress and steps to take if you are worried about a student.

### **See Something. Say Something. Do Something.**

Electronic version of the Red Folder: <http://www.calstate.edu/red-folder/?campusSel=Fresno>

Members of the newly enhanced Behavioral Intervention Team are available to answer questions and review the response protocol outlined in the Red Folder. If you would like to schedule a presentation for your office or department, please do not hesitate to contact us. Contact and presentation scheduling information are available on the Behavioral Intervention Team website at [www.fresnostate.edu/bit](http://www.fresnostate.edu/bit).

Please note that if you have a student who you are concerned about and need assistance in guiding the student to the appropriate resources please submit an online CARE Referral:

<http://www.fresnostate.edu/studentaffairs/care/process.html>

Additional information about depression or presentations:

<http://www.fresnostate.edu/studentaffairs/health/psychological/suicideprevention/prevention-strategies.html>

Students may also seek help from student counseling services by calling 278-2734.

Thank you for all that you do to help care for our students' health, welfare, and safety!

Happy holidays to all!

Sincerely,  
Frank R. Lamas, Ph.D.  
Vice President for Student Affairs and Enrollment Management