

Frequently Asked Questions about the Student Support Network at Dartmouth

Thank you for your interest in the Student Support Network at Dartmouth. As you know, mental health is an incredibly important issue that affects us all - undergraduates, graduate students, faculty, and staff - and we are grateful that so many students are committed to being active and engaged in their support of their fellow Dartmouth students. We look forward to working with many of you this fall. If you have any questions after reading this document, please contact Bryant Ford (Bryant.Ford@dartmouth.edu)

1. What is the Student Support Network (SSN) at Dartmouth?

The SSN is an expansion of the Dartmouth Cares Initiative, a campus-wide mental health awareness, crisis intervention, and suicide prevention initiative. The goal of the SSN is to create a wide network of Dartmouth students who are ready, willing, and able to effectively support and appropriately refer their peers who may be struggling with mental health concerns.

2. What will I learn in the trainings?

The trainings will cover supportive communication skills (with plenty of practice and support); crisis intervention and suicide prevention skills; recognizing and responding to signs of depression, anxiety, substance misuse, disordered eating, and suicidal thoughts; and ways to connect peers with resources that can provide help.

3. What am I committing to if I sign up for the training?

When you sign up for the training, you are committing to attend 4 2-hour training sessions. The sessions will be held during weeks 4 through 7 of the Fall 2018 term. The time of the training sessions will be decided based on participant availability to ensure that the majority of interested participants can be trained. Most importantly, you will be committing to recognizing and stepping in to support others in the Dartmouth community who may be struggling with mental health concerns.

4. I already know that I have to miss one of the training sessions. Can I still participate?

Because the trainings build on each other, participants must complete all 4 sessions. The SSN training will be offered termly, so we can keep your name on the list for the next term.

5. How many people will be in the training?

We anticipate 15-30 participants will attend the Fall 2018 training.

6. What happens after I complete the training? What will be expected of me?

There is no ongoing commitment after you complete the SSN training. The facilitators will offer at least one opportunity per term for trained students to get together to share their experiences and ask questions, but these sessions will be optional. The facilitators will also be available for 1:1 support or guidance as needed. With permission, your name will be included on the Dartmouth Cares website under a list of SSN-trained students. Most importantly, we hope that you will be able to use the skills learned in your daily interactions with others and will feel more confident identifying, intervening, and referring peers who are struggling with mental health concerns.