



Frostburg State ROADMAP

The college years can be a difficult time for many students, and finding campus resources can be challenging. Faculty and other members of the campus community are often unsure of where to turn or what to say when they come in contact with a student who needs help. **This roadmap outlines the resources available to students at FSU and provides tips on how to encourage students to seek help.**

Possible Warning Signs

Trust your gut. It is easy to brush away suspicions or assume that someone else is helping a student, but you might be the first person to act. Substance use and/or mental health issues are often related to academic disengagement, such as:

- Not showing up for class or meetings
- Poor performance on tests or projects
- Appearing disengaged/"checking out"

Irritability or changes in mood or behavior are other signs that a student might need help.

The Substance Abuse Facts & Education (SAFE) Office provides educational programs to FSU students, faculty, staff, and community members. Formal assessment and intervention for alcohol and drug problems are also available. Depending on the type of concern, please contact the following offices:

Type of Concern	Who to Contact	Contact Information
Alcohol and/or drug use	Substance Abuse Facts & Education (SAFE) Office	(301) 687-4761 frostburg.edu/clife/safe/ 111 Pullen Hall Student Concern Referral Form
A student appears drunk, high, or is in possession of alcohol or drugs	Division of Student Affairs	(301) 687-4311 frostburg.edu/student-affairs/ 116 Hitchins Building
Anxiety, stress, relationship problems	Counseling and Psychological Services (CAPS)	(301) 687-4234 frostburg.edu/student-life/ Ground floor or Cumberland Hall
Injury, sleep problems, illness	Brady Health Center	(301) 687-4310 frostburg.edu/brady-health/ Brady Health Center
Gender-based harassment, sexual misconduct, relationship violence	Office of Gender Equity	(301) 687-4733 frostburg.edu/titleix 126 Hitchins Administration Building
Feeling unsafe or want to report a non-emergency crime	University Police Department	Non-emergency: (301) 687-4223 FSU Tip Line: (301) 687-STOP (7867)
Life-threatening emergency	Off-Campus Police and University Police Department	911 (301) 687-4222 (24-hr University Police emergency line)

Conversation Starters

Often the biggest barrier to acting is not knowing how to start the conversation, so here are some tips to encourage students to seek help. It might take several times for students to seek help, but let them know you are a resource.

- Start from a place of compassion and concern → "How is the school year going?"
- Asking for permission is always a safe place to start → "Would you be willing to talk about what's going on?"
- Affirming the student positively reinforces further conversation → "Thank you for your honesty and openness about what's going on with you."
- Make a referral to resources → "[NAME/OFFICE] might be helpful. Can I help you make an appointment or give you their info?"

In some cases, a student’s substance use or mental health patterns might warrant referral to off-campus treatment. This decision can be made by staff at SAFE, CAPS, or the Brady Health Center, or a student might opt to self-refer. Some options for referral are referenced below. Please note that the following community resources are not endorsed by FSU.

Off-Campus Resource	Description	Contact Information
Addiction Resource Guide	Comprehensive directory of addiction treatment services in Allegany County	(301) 759-5050 https://goo.gl/z8tGMG
Allegany County Health Department Behavioral Health Services	Outpatient mental health and addictions services, as well as substance abuse prevention services	(301) 759-5000 https://goo.gl/BVW2qV 12501 Willowbrook Road, Cumberland, MD 21502
SAMHSA Behavioral Health Treatment Services Locator	Online search tool and toll-free national helpline	1 (800) 662-HELP (4357) findtreatment.samhsa.gov/