



The Advisor Advocate

Setting Boundaries with Students

As faculty and advisors, we care a great deal about our students' welfare. On the rare occasion you may have a student who finds themselves in a crisis. Sometimes there is a fine line between offering compassion and going above and beyond the duty of an advisor. This issue includes advice from Dr. Jessica Miller of the Counseling Center.



Healthy Boundaries Checklist:

- Stick to your normal office hours
- Establish boundaries between work and non-work ("I will not check my email after 9 pm")
- If you give out your cell number, set rules for its use (for example: "do not contact after 6 pm")
- Recognize the signs when a student is in distress
- Know the resources or who would know the resources
 - Urgent
 - Non-urgent
- Use self-care after a distressing situation

Non-Crisis Situation

Refer Students to the Counseling Center in any of these instances:

- Student makes a concerning comment
- You note a sudden change in their behavior
- Student is continually struggling

Students can call the [Counseling Center](#) at (724-357-2621) or email (counseling-center@iup.edu) and schedule a triage appointment.

Student in Crisis

Seek emergency help in these situations:

- Student has suicidal ideation
- Student is experiencing sexual violence, domestic violence, or stalking

It is not your duty to come on campus after hours to aid a student in distress. It is your duty to alert people who can help.

Urgent After Hours Resources

Indiana County Crisis Services
24/7 Crisis Line 1-877-333-2470

National Text Line: Text Hello to 741741

University Police: 724-357-2141

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