

# MANUAL FOR TEACHERS:

## WHAT TO DO WHEN A STUDENT FACES PSYCHOLOGICAL DIFFICULTIES

If the student is a minor, agree together on how you will inform the legal representatives.

**DO THEY FEEL LIKE COMMUNICATING?**

**YES**



Provide a calm environment, try to create a confidential atmosphere.

**01**

**02**

Listen carefully, try to find out as much as possible about their experience. Don't mind not knowing what to say. Trying to understand is more important.



Don't try to impose your point of view. Neither play the difficulties up, nor do play them down.

**03**

**04**



Together discuss options for professional help - school or clinical psychologist or psychiatrist.

**NO**

**01**



Share your concerns with them.



Reinforce their sense of confidence in you and their feeling of being accepted and valued.

**02**

**03**

Try to respect their views and perceptions (however different they may be from yours and however difficult this may be).

**04**

Suggest options for help - confiding in an adult close to them, another teacher, school psychological counseling, mental health services.

If the student poses an immediate threat to their health or the health of others, call 112.

