



Peer Advocate Liaison Program (PAL)

ORIENTATION

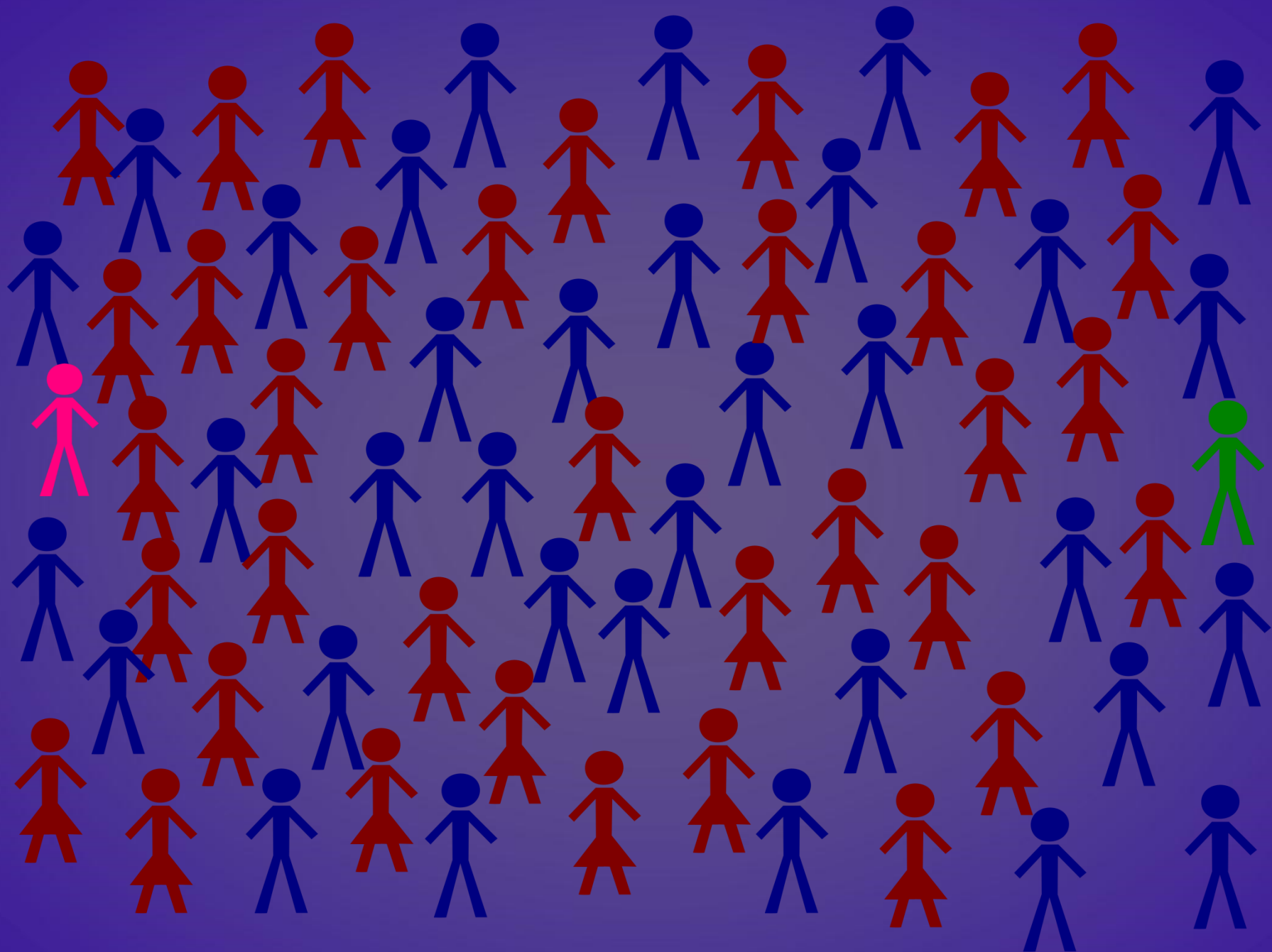
CAMPUS ASSISTANCE PROGRAM

(504) 568-8888 • cap@lsuhsc.edu

HDC @ 411 S. Prieur, Suite 233

History of PALs

- Goals and Objectives:
 - Empower students to guide their classmates and peers toward appropriate resources during times of need or crisis
 - Students are more likely to reach out to their peers first when seeking help



PAL Responsibilities

- Make Yourself Known
- Promote Mental Health and Wellness on Campus
- Arrange activities or distribute information related to national health observances – <https://odphp.health.gov/> has a calendar of national health observances
- Be the Bridge to Resources for your Classmates in Distress
- Participate in PAL Sponsored Events on Campus

Warning Signs of Distress

- Decline in school functioning or performance
- Troubling change in appearance or hygiene
- Social withdrawal
- Excessive irritability, anger, moodiness
- Unusual or bizarre behavior
- Person talks of death, self-harm or harm to others
- Person expresses feelings of hopelessness
- Signs of drug or alcohol abuse
- Others express concern about the person

How to Help Someone in Distress

- Remain calm
- Speak with the person in private
- Let them know why you are concerned
- Listen with sensitivity
- Know your limits
 - You are not the counselor; you have resources available to you:
 - CAP
 - PAL mentors
 - Student Affairs
 - Campus Police

Tips for Handling Disclosure of Suicidal Ideation

- Take it seriously
- Stay calm and listen
- Ask direct questions = "Are you thinking about suicide?"
- Do not promise confidentiality
- Do not leave them alone
- Connect them to professional help immediately
- Know when to call 911
- Follow up (if appropriate) = after they've received professional support
- Take care of yourself
- **Remember: Your role is to listen, care, and connect – not to counsel or solve the crisis alone**

Remember

- Prioritize your personal safety
- Remain non-judgmental
- Trust your instincts
- Take responsibility
- Seek support

PAL Activity Ideas

- Share wellness resources
- Promote health observances
- Engage in campus initiatives
- Advocate for relevant programming
- Celebrate academic milestones
- Foster social connection
- Promote self-care reminders
- Build community ties
- Support campus engagement
- Connect peers to resources

Promote Self-Care

- Practice self-care first
- Model healthy coping strategies
- Manage your time effectively
- Normalize asking for help



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PAL Website

- <http://www.lsuhscc.edu/orgs/campushealth/pal.aspx>



Confidential Online
Stress & Depression
Screening 

PAL Poster

Who is my **PAL**?

If you are experiencing personal, academic or emotional problems and would like to learn more about resources available on and off campus, scan the code to find a PAL representative in your school or class.



For more information, call the Campus Assistance Program at **(504) 568-8888** or visit the PAL website at <http://www.lsuhsu.edu/orgs/campushealth/pal.aspx>

Peer Advocate Liaison



Peer Advocate Liaison Program (PAL)

PAL Sponsored Events

- PAL Resource Fair (Downtown Campus)
- PAL Resource Fair (Dental School)
- Monthly Speakers/Presentations

PALs will be contacted via email with an invitation to attend and represent the program at the PAL resource table

Emergency Numbers – On Campus

LSUHSC Police

(504) 568-8999

Campus Assistance Program

(504) 568-8888

Administration

Chancellor

David S. Guzick, MD, PhD
(504) 568-4800

VCAA

Demetrius Porche, PhD
(504) 568-4804

Student Affairs

- LSUHSC School of Allied Health Professions
Kevin Lord, PhD
(504) 568-4253
- LSUHSC School of Dentistry
Heather Allen, RDH, BSDH, MSHCM
(504) 941-8126
- LSUHSC Graduate Studies
Cody Palazzolo
(504) 568-8303
- LSUHSC School of Medicine
Taniya De Silva, MD
(504) 568-4874
- LSUHSC School of Nursing
Melissa Nunn, PhD
(504) 568-4013
- LSUHSC School of Public Health
Isabel Billiot, MEd
(504) 568-5773

Emergency Numbers – Off Campus

- Local Police
911
- VIA LINK Crisis Line & Community Resource Directory
- 211
- Suicide Prevention Lifeline - 988
- Metropolitan Crisis Response Team (Orleans, St. Bernard & Plaquemines Parishes)
(504) 826-2675
- Mobile Crisis Services (Jefferson Parish)
(504) 832-5123

Emergency Numbers – Off Campus

- Domestic Violence / Sexual Assault Hotlines
 - NO Family Justice Center (504) 866-9554
 - Metro Center for Community Advocacy (504) 837-5400
 - National D.V. Hotline 800-799-SAFE (7233)
 - National S.A. Hotline 800-656-HOPE (4673)
- Poison Control 800-222-1222
- Child Abuse Hotline 800-422-4443
- Louisiana DCFS 855-4LA-KIDS (855-452-5437)
- Substance Abuse & Mental Health Helpline 800-662-HELP (4357)
- (SAMHSA)

Campus Safety

- Emergency Preparedness
- Emergency Alert System
- uTip
- LSU Shield Mobile App
- Active Shooter Training
- Rape Aggression Defense
- Responsible Use of Alcohol

LSUHSC Resources and Programs

- Behavioral Sciences Center
- Campus Assistance Program (CAP)
- Campus Police
- Department of Communication Disorders
- Off Campus Professional Counseling
- Office of Disability Services
- Office of Community Engagement
- LSU Psychological Services Center
- LSUHSC – NO Child and Family Counseling Clinic
- Student Health Clinic
- Wellness Center

Online Resources

- **Half of Us** – www.halfofus.com
- **Helpguide** – www.helpguide.org
- **VIA LINK** – www.vialink.org
- **Psychology Help Center** – <https://www.apa.org/topics/mental-health/help-emotional-crisis>

YOUR SUCCESS & WELLNESS

MATTER.

Be Well: Student Success and
Wellness is here for you.

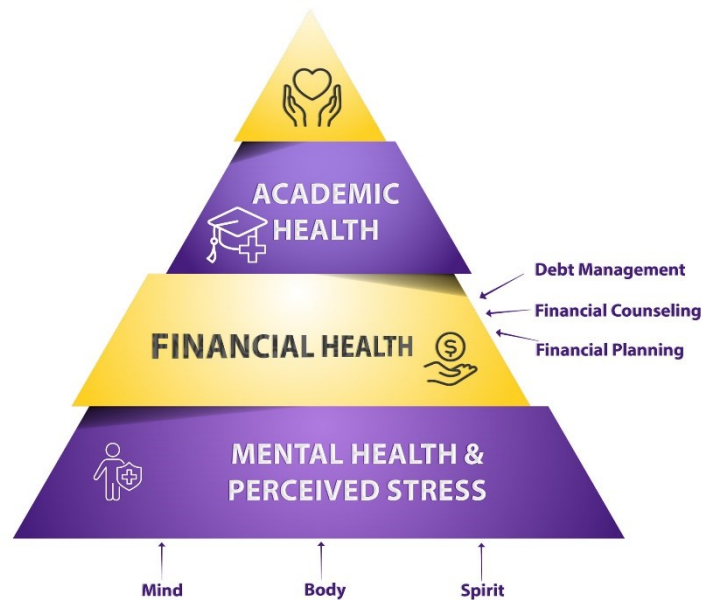
LSU Health
NEW ORLEANS

Be Well: Student Success and Wellness



The QEP Committee is excited to introduce **Be Well: Student Success and Wellness**, its Quality Enhancement Plan designed specifically to support students as they navigate the demanding journey of healthcare education. Be Well is LSUHSC-NO's commitment to creating an environment where every student has the tools and awareness to thrive—both financially and emotionally. Starting January 1, 2026, LSUHSC-NO is launching two essential resources to support students through their training:

- iGrad – Financial Literacy Platform
- Perceived Stress Survey-10 (PSS-10)



Additional Resources

- PAL Website
 - <https://www.lsuhscc.edu/orgs/campushealth/pal.aspx>
- CAP Website
 - <https://www.lsuhscc.edu/orgs/campushealth/cap.aspx>
- Stress and Depression Screening
 - <https://www.lsuhsccares.org/welcome.cfm?access=website>



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Questions?
Comments?
Ideas?

THANK YOU for being a PAL!