What is I CARE?

I CARE is an interactive gatekeeper training for students, faculty, and staff that builds a caring community with the knowledge, skills, and resources to intervene with student stress, distress, and crisis. A team of Student Counseling clinicians design, facilitate, and assess the I CARE training program. I CARE includes a 30-minute online module and a 3-hour training.

I CARE is Informational

Participants learn about:
- Mental health beliefs & biases
- College mental health trends
- Signs of stress, distress, and crisis
- Listening techniques
- Crisis intervention skills
- CAPS services

I CARE is Experiential

Participants engage in role-plays to practice new skills and receive real-time feedback from facilitators.
Participant Testimonials

“My good friend and fellow student had a complete break down and wanted to kill herself. I was able to go through the steps I learned in I CARE to help her find someone to talk to.”

“I feel confident that I can approach someone in distress and help them to get the right help they need.”

“I found it great to practice being in these situations. I learned a lot from participating in and observing the role play exercises.”

Who Participates in I CARE?

Student Counseling hosts trainings open to all faculty/staff and students throughout the year.

Trainings are geared to faculty/staff in student-facing roles or students who want skills to support their friends.

Student leaders, student affairs professionals, athletics coaches/trainers, and faculty and staff from various Penn departments, programs, and schools have participated.

I CARE Publication
