

Qingmiao University of Cyber Security - Class Psychological Committee Handbook (2026 Edition)

Section 1: Role and responsibilities of the class psychological committee

Section 2: The WELL model - Watch, Engage, Listen, Link

Section 3: Identifying warning signs - sleep change, social withdrawal, giving away possessions

Section 4: Crisis reporting procedure - report to counselor within 24 hours, do not promise secrecy

Section 5: Monthly psychological briefing report (submission via student affairs system)

Section 6: Self-care for helpers; contact list of campus counseling centers

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