



RECOGNIZE

Indicators of Distressed Students

Look for groupings, frequency, and severity of behaviors, not just isolated symptoms

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Aca

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RESPOND

Use these tips to determine the most appropriate response for a distressed student.

Sa Sa

C

Call University Police S yh-1.2 e causing t

You are not alone. Ask those

around you for help. Consult with a

colleague, or call another of ce

on campus (see resources).

Sa Ca

Take a few deep breaths to calm yourself. Use a calm voice when talking and asking questions.

Ta Y

If this is NOT an imminently dangerous situation, take time to think through what might be the most helpful next step.

Ac L

Make eye contact, give your full attention. Restate what the student says to make sure you understand what is causing the distress and/or what they are asking for help with.

A D c,

Don't be afraid to directly ask the student if they are having thoughts of harming themselves or others (by asking you are not instilling the thought).

C c H

Help get them to the next step (e.g. contact the academic advisor with the student to make an appointment; help them call counseling services to schedule an appointment, or walk them over if you are especially concerned).

R 1. !

In addition to referring a student to resoures, any sexual or gender-based harassment or assault requires mandated reporting. For questions regarding mandated reporting, please contact the Title IX

Coordinator at

773-442-5412.

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