**Indicators of Distress:** Be aware of the following indicators of distress. Look for groupings, frequency, duration and severity – not just isolated symptoms.

|  |  |  |  |
| --- | --- | --- | --- |
| **Academic Indicators** | **Physical Indicators** | **Psychological Indicators** | **Safety Risk Indicators** |
| * Sudden decline in quality of work and grades * Repeated absences with or without communication * Noticeable change in engagement in classroom activities * Multiple requests for extensions * Overly demanding of faculty and staff time and attention (e.g. excessive email communications, need for immediate responses, consistent tracking down outside of office hours, etc.) * You find yourself doing more personal rather than academic counseling | * Marked changes in physical appearance including deterioration in grooming, hygiene, or weight loss/gain * Excessive fatigue/sleep disturbance * Intoxication, hangovers, or smelling of alcohol * Disoriented or “out of it” * Garbled, tangential, disconnected, or slurred speech * Behavior is out of context or bizarre * Delusions and paranoia | * Self-disclosure of personal distress such as family problems, financial difficulties, contemplating suicide, grief * Unusual/disproportional emotional response to events * Excessive tearfulness, panic reactions * Irritability or unusual apathy * Verbal abuse (e.g., taunting, badgering, intimidation) * Expressions of concern about the student by their peers | * Unprovoked anger or hostility * Physical violence (shoving, grabbing, assault, use of weapon) * Implying or making a direct threat to harm self or others * Academic assignments dominated by themes of extreme hopelessness, rage, worthlessness, isolation, despair, acting out, suicidal ideations/violent behaviors – a “cry for help” * Stalking or harassing * Communicating threats via email, correspondence, testing, or phone calls |

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| **Campus Resources for Students/Faculty/Staff** | |  |
| **Campus Safety**  Hawk’s Nest  Outpost: Security Desk in Student Union | 608-780-1582  Or  x3911 | |
| **The Hub for Student Support**  Murphy Center 332, Weekdays 8am-5pm   * Academic Advising * Disability Services/Academic Resource Ctr. * Career Services * Counseling Services * Executive Director of Student Success and Retention * Financial Aid * Health Services * Multicultural Student Success and Global Engagement | 608-796-3060 | |
| **Interim Vice President for Student Life**  Murphy Center 226  Weekdays 8am-5pm | 608-796-3840  Or  608-796-3841 | |
| **CARE Team**  Chairperson: Director of Counseling Services | 608-796-3808  Or  608-796-3060 | |
| **Emergency Response Task Force**  Chairperson: Interim Vice President for Student Life | 608-796-3840 | |

**Resources & Tips**

Use the tips below to help you refer the student

to one of the resources listed to the right.

* **Safety First:** The welfare of the campus community

is the top priority when a student displays threatening or

potentially violent behavior. Do not hesitate to call for help.

* **Listen Sensitively and Carefully:** Use a non-

confrontational approach, and a calm voice. Avoid

threatening, humiliating, and intimidating responses.

* **Be Proactive:** Engage students early on, setting limits

on disruptive behavior.

* **Be Direct:** Don’t be afraid to ask students directly if

they are under the influence of drugs or alcohol, feeling

confused, or having thoughts of harming themselves or

others.

* **Follow Through:** Direct the student to the physical

location of the identified resource.

* **Consultation & Documentation:** Always document

your interactions with distressed students and consult

with your department chair/supervisor after any incident.

**Response Protocol:** Follow the chart to determine who to contact when faced with a distressed or distressing student.

Refer student to an appropriate campus resource or direct them to The Hub for Student Support, Ext. 3060

**During Business Hours:**

Call Counseling Services for a consultation:

Ext. 3808, 3809, or 3810

Or

Academic Advising

Ext. 3060

**After Hours and Holidays**

Call Campus Safety at Ext. 3911 or 608-780-1582 from an external phone

**“NO”**

I am not concerned for the student’s immediate safety, but they are having significant academic and/or personal issues and could use some support or additional resources.

**“I’M NOT SURE”**

The student shows signs of distress, but I am not sure how serious it is. My interaction has left me feeling uneasy and/or concerned about the student.

**“YES”**

The student’s conduct is clearly and imminently reckless, disorderly, dangerous, or threatening and is suggestive of harm to self or others in the community.

Call 911 or

Campus Safety at Ext. 3911 or 608-780-1582 using an external phone

After speaking with police/campus safety report the concern to:

Kirsten Gabriel, Interim Vice President for Student Life, Ext. 3840

**Is the student a danger to self, or others, or does the student need immediate assistance for any reason?**