



INTERACTING WITH A DISTRESSED STUDENT

Signals

Interventions

1

- Change in academic performance
- Change in attendance
- Changes in patterns of interactions or behaviors
- Changes in mood, motor activity, or speech
- Changes in physical appearance/personal hygiene

2

- Repeated request for special consideration
- Unusual or exaggerated emotional response
- Disruptive classroom behaviors
- Panic attacks/excessive worry
- Feelings of hopelessness or helplessness

3

- Highly disruptive behaviors (hostility, aggression etc.)
- Inability to communicate clearly (slurred speech, disjointed thoughts)
- Loss of contact with reality (seeing/hearing things)
- Suicidal thoughts or behaviors
- Homicidal threats

- Offer empathic support
- Inquire how you can help in your role
- Recommend campus resources
- File a Care Report

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- Inquire how you can help in your role.
- Recommend campus resources
- Consult with other faculty, staff or the Counseling Center
- File a Care Report

- These behaviors usual show the student needs immediate care.
- Call 911 for immediate assistance
- Follow up - file a Care Report
- Follow up - Consult with other faculty, staff or the Counseling Center

