

HELPING STUDENTS IN CRISIS



At one time or another, everyone feels depressed or upset. However, there are three levels of student distress which, when present over a period of time, suggest that the problems are more than the "normal" ones.

LEVEL 1- Although not disruptive to others in your class, these behaviors may indicate that something is wrong and that help may be needed:

- Serious grade problems, or a sudden, unexplained change in performance;
- Excessive absences; and/or
- Changes in behavior, mood, physical appearance, motor activity, and/or speech.

LEVEL 2- These behaviors may indicate significant distress or an inability to acknowledge a need for help or available resources:

- Repeated request for special consideration
- New or regularly occurring behavior which interferes with the learning environment; and/or
- Unusual or exaggerated emotional response.

LEVEL 3- These behaviors generally indicate that the student is in crisis and needs emergency care:

- Highly disruptive, and/or aggressive behavior;
- Inability to communicate clearly;
- Loss of contact with reality; and/or
- Thoughts of harm towards oneself or others

IF YOU FEEL UNSAFE
call **911** or **University PD**
(474-7721)
for an immediate response

WARNING SIGNS OF SUICIDE

SITUATIONAL

A stressful or traumatic event or experience has occurred.

DEPRESSIVE

There are changes in the student's usual mood, which may include:

- Inability to concentrate;
- socially withdrawn;
- easily agitated;
- apathy;
- crying;
- sense of worthlessness;
- abusing substances; and/or
- depression.

BEHAVIORAL

Changes in the student's usual behavior, which may include:

- giving away possessions;
- writing a suicide note;
- acquiring a means to commit suicide;
- organizing business and personal matter; and/pr
- suddenly resigning from a position.

VERBAL

Direct or indirect statements that express suicidal thoughts, a desire to die, and/or a plan to commit suicide. These statements may also be written.

HOW TO MAKE A REFERRAL TO THE STUDENT HEALTH AND COUNSELING CENTER:

To make a referral to the Student Health and Counseling Center, call (907) 474-7043. The Student Health and Counseling Center is open Monday through Friday, from 8 am to 4:30 pm.

PRIVACY LAWS & CONFIDENTIALITY

The Family Education Rights and Privacy Act (FERPA) permits communication about a student of concern in connection with a health and safety emergency. Observations of a student's conduct or statements made by a student are not FERPA protected. Such information should be shared with the appropriate reporting parties.

WHAT ASSISTANCE DOES THE STUDENT NEED?



LEVEL 1 AND LEVEL 2 BEHAVIOR

The student is in distress; however, the student is not a threat to themselves or others.



- If you are comfortable, talk to the student in private.
- Express your concern in a non-judgmental manner.
- Actively listen to the student.
- Respect the student's values and beliefs.
- Discuss the student's various options and resources.
- Ask the student if they are considering hurting themselves or others.
- Make sure the student understands what action is necessary.



Refer the student to the Student Health and Counseling Center (474-7043).



Report your concerns to the CSRR (474-7317).



LEVEL 3

The student is in crisis and needs immediate, emergency care.



If you feel unsafe, call 911 or University PD (474-7221) immediately.



Have someone stay with the student while you make the appropriate calls.



Contact the Student Health and Counseling Center (474-7043).



If unavailable, call the National Hotline and emergency services.



Report your concerns to the CSRR (474-7317).

DO'S AND DON'TS IN RESPONDING TO SUICIDALITY:

- DO show that you take the student's feelings seriously.
- DO let the student know that you want to help.
- DO listen attentively and empathize.
- DO reassure that with help the student can recover.
- DO stay close until help is available or the risk has passed.
- DON'T try to show or challenge the student.
- DON'T analyze the student's motives.
- DON'T become argumentative.
- DON'T react with shock or disdain at the student's thoughts or feelings.
- DON'T minimize the student's distress.

CAMPUS RESOURCES

Student Care Team	(907) 474-7317
University Police Department	(907) 474-7721
Center for Student Rights & Responsibilities (CSRR)	(907) 474-7371
Resource & Advocacy Center	(907) 474-6360
Student Health & Counseling Center	(907) 474-7043
Title IX Office	(907) 474-7300

OTHER RESOURCES

National Suicide Prevention Hotline	1-800-273-8255
National Domestic Violence Hotline	1-800-799-7233
National Sexual Assault Hotline	1-800-656-4673