CARE GUIDE



Faculty and staff are often the first to observe students in distress. This is a quick reference guide to help recognize, respond to, and refer distressed students. Trust your instincts.

RECOGNIZE **SIGNS OF DISTRESS** PSYCHOLOGICAL ACADEMIC PHYSICAL SAFETY RISK Self-disclosure of Sudden decline Unprovoked anger or Marked changes personal distress in work quality hostility in physical (trauma, suicidal Physical violence Repeated appearance thoughts, selfabsences injury) Implying threat to self **Excessive fatigue** or others Multiple Disproportionate requests for Stalking or harassing emotional Intoxication extensions response to Direct verbal or (smelling of events written threats toward alcohol) Classroom self or others Expression of disruptions Academic assignments concern about Observable signs dominated by themes the student by Bizarre, alarming, of injury of extreme hopelessor disturbing peers (bruising, cuts) ness, isolation, rage, content in writing despair, violence, self-Panic attacks or presentations injury

RESOURCES

CAMPUS RESOURCES

CARE Team 502.272.7150



The Care Team promotes safety of campus community by consulting on students of concern.

<u>Counseling</u>



Public Safety 502.272.7777

Crisis Services Call 911

<u>Campus Ministry</u> 502.272.8051

CRISIS HOTLINES

NATIONAL SUICIDE AND CRISIS LIFELINE Call 988

EMERGENCY SERVICES Call 911

<u>CENTER FOR WOMEN</u> <u>AND FAMILIES</u> Services for sexual assault and domestic violence Call 1.844.237.2331



24/7 On-Call Counselor 502.272.8480 and dial #2 on voicemail menu

Health Services 502.272.8313



Student Care Coordinator can assist students with **basic needs**.

Office of Identity and Inclusion 502.272.7304

Accessibility Resource Center 502.272.8490

Title IX 502.272.7337 Title IX Team



consults on issues related to sexual misconduct.

THE TREVOR PROJECT

LGBTQ Crisis Services Text START to 678678 Call 1.866.488.7386

THE STEVE FUND

Mental health support for young people of color Text STEVE to 741741

VETERANS CRISIS LINE

Text 838255 Call 988 and press "1"

TIPS FOR HAVING THE CONVERSATION

If there is an imminent risk to the student, yourself, or others, immediately call for help. Note about **Stay Safe** confidentiality – The Family **Educational Rights** Engage students early on, pay attention and Privacy Act **Be Proactive** (FERPA) allows faculty to signs of distress, and set limits on disruptive behavior. and staff to report student health and safety concerns to Appropriate Setting Find a quiet, private setting and allow relevant campus adequate time for conversation. offices. Make eye contact and give your full attention. **Use Active Listening Skills** Speak in a non-confrontational and calm voice. **Ask Direct** Don't be afraid to directly ask the students if they Questions are having thoughts of harming themselves. Actively Assist student in making phone call, offer to accompany student to Counseling Center. SK . REFE Assist Seek You are not alone. Ask those around you for help. Always Consultation document your interactions with distressed students. and Document Check back in with the student on how they are doing Follow Up and actions they have taken.



YES

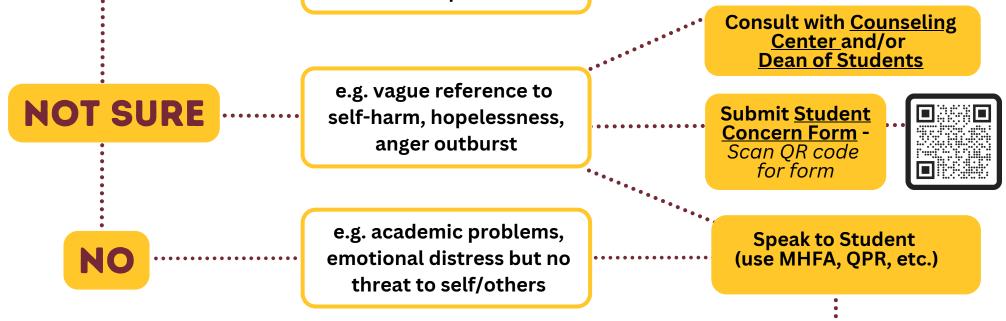
DISTRESSED STUDENT: APPEARS CONFUSED, SAD, HIGHLY ANXIOUS, IRRITABLE OR AGITATED, APATHETIC, POOR HYGEINE OR SELF-CARE

Is the Student a threat to self/others or in need of immediate assistance?

e.g. verbal threat to self or others, violent behavior, has weapon, stalking, severe impairment

Call Public Safety 502.272.7777 or 911

RESPOND



Refer student to appropriate resources: Counseling Center, Dean of Students, Health Services, Student Success, Campus Ministry, etc.