

How to Help a Student in Distress

Some Signs of Distress

Agitation or Irritability

More conflicts with classmates and others
Undue aggressive or abrasive behavior

Tearfulness

More emotional than normal; tired in class
Easily upset by small situations

Fearfulness or Anxiety

Dependency (excessively clingy)
Frequent absences or lack of participation

Express your concerns to the student, pointing out your observations and asking about their situation

Are you worried about the student's safety or do you see possible warning signs? **WARNING SIGNS include:**

Reports self-hate (not deserving to live)	Marked change in appearance or hygiene	Appears agitated
Talks about or threatens suicide	Bizarre or dangerous behavior	Appears/reports hopelessness
Making statements about hurting others	Significant confusion	No longer attending classes
Making statements such as "I want this all to end" or "I don't deserve to live" or "I can't do this anymore"		

DIRECTLY ask about concerns and/or warning signs

DIRECTLY ask about suicide "Are you having thoughts of killing yourself?"

Yes

No

Do you believe the student is in imminent danger?

DO NOT LEAVE STUDENT ALONE

YES (imminent danger is clearly present)

Examples:

Student is disoriented, found unconscious or unresponsive

Student tells you that they have ingested pills beyond the recommended dose

Student attempts or is threatening immediate danger to self

Student attempts or threatens to cause immediate serious physical harm to someone else

IMMEDIATELY:

Call the King's College Switchboard at 570.208.5900. They can respond and contact appropriate on-campus or call supports. You can then call 911.

UNCLEAR whether imminent danger exists

Examples:

Student makes statements that are suggestive of suicidal/homicidal thinking that are not indicative of imminent danger ("I can't do this anymore")

Student appears to be emotionally distraught and does not respond to your attempts to calm them

Student experiences a sudden stressful event (death in family, breakup, etc.) and seems emotionally unstable/inconsolable OR the student's response seems unusual (flat affect, unresponsive verbally, refuses to talk to you)

Student's communications contain material that raises concern about suicide, homicide, and/or violence

During Business Hours: Call the Counseling Center to speak with the Office Manager at 570.208.5873

Provide all the relevant information you have about the student and the situation to the Office Manager

Student will be asked to come to the Counseling Center to fill out a triage form and then will either be scheduled for an immediate appointment to be assessed by staff or at a later date.

After Hours: Call Campus Security/Switchboard at 570.208.5900 and provide all the relevant information you have about the student and the situation

Student will be asked to talk to switchboard staff who will contact the Professional and Counselor On-Call for further instructions

NO (imminent danger is not present)

Examples:

Student is very upset about a breakup, but denies any suicidal/homicidal thoughts and shows no warning signs

Student reports anxiety and depression, but denies suicidal/homicidal thoughts and shows no warning signs

Student's best friend recently died, but denies suicidal/homicidal thoughts and shows no warning signs

Student reports self-injurious behaviors (cutting or burning), but denies suicidal/homicidal thoughts and shows no warning signs

Listen and provide support

Provide information about counseling services and/or other campus resources that may be helpful and address concerns the student may have about these resources.

If student is open to counseling: Consider calling the Counseling Center at 570-208-5873 with the student and asking for an Intake Appointment

If the student is not open to counseling: Consider a report to the CARE team - https://kings.guardianconduct.com/incident-reporting/new?incident_type=CARE%20