How to Help a YSU Student in Distress

SIGNS OF DISTRESS

| Nervousness, agitation, or irritability | Fearfulness |
| Seldom leaves their room/infrequent attendance | Changes in academic performance/study behaviors |
| | Dependency (i.e. student who is excessively clingy) |
| | Frequent alcohol and/or drug use |

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 (but are not limited to):

- Withdrawal from others (isolation)
- Talks about or threatens suicide
- Makes statements such as “I want this all to end” or “I can't go on anymore”
- Nervousness, agitation, or irritability
- Student appears emotionally distraught, displays erratic behavior and does not respond to your attempts to calm them
- Student experiences a sudden stressful event (i.e. death, breakup, divorce) and seems emotionally unstable/inconsolable OR the student's response seems unusual (i.e. uncontrollable crying over a failed exam, no apparent response to the death of an immediate family member, etc.)
- Student communicates contain material that raises concerns about suicide, homicide, and/or violence
- Everything you know about the situation (who, where, & when)
- Student’s communications contain material that raises concerns about suicide, homicide, and/or violence
- Student’s response seems unusual (i.e. uncontrollable crying over a failed exam, no apparent response to the death of an immediate family member, etc.)
- Student experiences a sudden stressful event (i.e. death, breakup, divorce) and seems emotionally unstable/inconsolable OR the student's response seems unusual (i.e. uncontrollable crying over a failed exam, no apparent response to the death of an immediate family member, etc.)
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- Everything you know about the situation (who, where, & when)
- Student’s communications contain material that raises concerns about suicide, homicide, and/or violence
- Student’s response seems unusual (i.e. uncontrollable crying over a failed exam, no apparent response to the death of an immediate family member, etc.)

Do you believe the student is in imminent danger?

YES (imminent danger is clearly present)

Examples:
- Student disoriented, found unconscious or unresponsive
- Student tells you that they have ingested pills beyond the recommended dose (whether student confirms it is a suicide attempt or not)
- Student is threatening immediate danger to self (i.e. threatening to jump out a window, ingest pills, shoot self, etc.)
- Student attempts, or threatens to cause physical harm to someone else or people in general

Immediately call YSU Police at (330) 941-3527 Or 911 from a campus telephone.

If at an off campus location, call 911.

Write down:

- Everything you know about the situation (who, where, & when)
- Any information you have about the student’s difficulties (including history)
- A number where you can be reached. Give this information to YSU PD (to assist emergency treatment providers) and to your advisors.

Submit a Penguin of Concern referral at:

https://ysu.edu/concern-referral

Dean of Students (or designee) will notify the appropriate campus resources.

NOTE: If at any point you believe the student’s Imminent Danger status may have changed, return to the Imminent Danger steps outlined in this flowchart.

Do not leave student alone.

NO (imminent danger is clearly not present)

Examples:
- Student is very upset about the end of a romantic relationship, but denies suicidal/homicidal thoughts and shows no warning signs
- Student reports anxiety and depression, but denies suicidal/homicidal thoughts and shows no warning signs
- Student experiences death of someone close, but denies suicidal/homicidal thoughts and shows no warning signs.

As much as you and the student are comfortable, listen and provide support, but do not act as the student’s therapist.

Discuss counseling services and/or other university resources that might be helpful and address any concern the student might have about these resources. If you need assistance in determining the appropriate resource(s), or about how to refer, contact YSU Student Counseling Center (330) 941-3737 during normal business hours and ask to consult with a counselor.

Should you decide to refer to Student Counseling Services:

Please know that we would like to hear your concerns about the student and your beliefs about the urgency of the situation.

Consider calling with the student, or accompanying the student to Student Counseling to initiate counseling services.

Continue to follow up with the student as appropriate; contact Student Counseling if you observe a significant change.

Submit a Penguin of Concern referral at:

https://ysu.edu/concern-referral

CAMPUS RESOURCES

YSU Police
330-941-3527

Student Counseling Services
330-941-3737

Dean of Students
330-941-4721

Title IX Coordinator
330-941-4629

Accessibility Services
330-941-1372

Resch Academic Success Center
330-941-3538

Mercy Health @ Wick
330-747-4660

Community Standards & Student Conduct
330-941-4704

Financial Aid and Scholarships
330-941-3505

Penguin Service Center
330-941-6000

Revised 03/09/2023