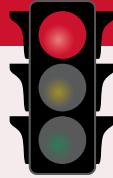


How to Help a Penguin in Distress



Student is in immediate crisis:



- ▶ Suicidal statements or actions
- ▶ Homicidal statements or actions, violence, stalking, or threats towards others
- ▶ Inability to communicate (i.e., garbled, slurred speech, or thought impairment)
- ▶ Paranoid, seeing or hearing things that aren't there, accusatory, or loss of contact with reality

Call YSU PD at 330-941-3527

Students in moderate distress:



- ▶ Extreme anxiety and/or panic attacks
- ▶ Significant change in eating patterns
- ▶ Disruptive or change in behaviors
- ▶ Self-injury (i.e., cuts, burns, or bruises)
- ▶ Increased substance use or impairment
- ▶ Unusual or exaggerated emotional responses
- ▶ Excessive risk-taking behaviors
- ▶ Bizarre written content

Call YSU PD at 330-941-3527 or refer to Student Counseling Services at 330-941-3737 or studentcounseling@ysu.edu

Students seeking services for social emotional concerns:



- ▶ Anxiety
- ▶ Sadness or low moods
- ▶ Relationship issues (i.e., dating, roommate, teammate, or family)
- ▶ Performance or academic struggles
- ▶ Lack of motivation and/or concentration
- ▶ Grief
- ▶ Unexpected events
- ▶ Transition and adjustment
- ▶ Other social emotional concerns

Contact Student Counseling Services at 330-941-3737 or studentcounseling@ysu.edu to schedule a consultation or intake appointment.

How to help a Penguin in distress

- ▶ **Listen** and take the student seriously.
- ▶ **Talk openly** and ask, "how can I support you right now?".
- ▶ **Call YSU PD at 330-941-3527** if a student expresses thoughts of suicide or homicide.
- ▶ **Stay with the student** and show support until help arrives (if needed).
- ▶ **Connect** the student with the resources below if the situation is not an emergency.

Resources

- ▶ **Student Counseling Services:** 330-941-3737
(After hours call 330-941-3737. Listen to a brief message, press #1 to speak with a mental health professional.)
- ▶ **YSU Police:** 330-941-3527
- ▶ **Help Network:** 330-747-2696 or 211
- ▶ **Rape Crisis:** 330-782-3936
- ▶ **Crisis Text Line:** HOPE to 741741
- ▶ **National Suicide Prevention:** 988
- ▶ **Title IX Coordinator:** 330-941-4629
- ▶ **Mercy Health @ Wick:** 330-747-4660

For **non-emergency** student referrals, please submit a Penguin of Concern form by scanning the QR code below.



Penguin of Concern Referral Form

YOUNGSTOWN STATE UNIVERSITY



Student
Counseling
Services

ysu.edu/student-counseling-services
ysu.edu/concern-referral