Greek Life: How to Help a Chapter Member in Distress

SIGNS OF DISTRESS

- Nervousness, agitation, or irritability
- Seldom leaves their room/in frequent class attendance
- Fearfulness
- Changes in academic performance/study behaviors (Undue aggressive or abusive behavior)
- Fearfulness

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

Are you worried about the member’s safety or do you see possible warning signs? WARNING SIGNS include (but are not limited to):

- Withdrawal from others (isolation)
- Makes statements such as “I want this all to end” or “I can’t go on anymore”
- Talks about or threatens suicide
- Makes statements that are suggestive of suicidal/homicidal thinking that are not overtly indicative of imminent danger (i.e., “I don’t know if I can keep going!”)
- Student makes statements about hurting or killing others
- Student appears emotionally distraught 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.)

Do you believe the member is in imminent danger?

YES (imminent danger is clearly present)

- CALL YSU POLICE AT (330) 941-3527 OR 911 FROM A CAMPUS TELEPHONE IF AT AN OFF-CAMPUS LOCATION, CALL 911
- Contact the FSA (Frataternity/Sorority Advisor) immediately after contacting emergency services

UNCLEAR (whether imminent danger exists)

- Contact your Chapter Advisor and notify them of the situation. They can assist you in contacting your inter/national headquarters when needed
- WRITE DOWN:
  - Everything you know about the situation (who, what, 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

NO (imminent danger is clearly not present)

- Shoukd you decide to refer to Student Counseling Services:
  - Contact your Chapter Advisor and notify them of the situation
  - Submit a Penguin of Concern referral at https://ysu.edu/concern-referral using the information you wrote in the step above

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.

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

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