Greek Life: How to Help a Chapter Member in Distress

**SGINS OF DISTRESS**

<table>
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<tr>
<th>Nervousness, agitation, or irritability</th>
<th>Fearfulness</th>
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<tr>
<td>Seldom leaves their room/infrequent class attendance</td>
<td>Changes in academic performance/study behaviors Undue aggressive or abusive behavior</td>
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<tr>
<td>Makes statements such as &quot;I want this all to end&quot; or &quot;I can't go on anymore&quot;</td>
<td>Makes statements about hurting or killing others</td>
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**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)
- Talks about or threatens suicide
- Makes statements such as "I want this all to end" or "I can't go on anymore"
- Significant confusion
- Behavior that is bizarre, alarming, and/or dangerous
- Makes statements about hurting or killing others
- Marks change in behavior, mood, and/or hygiene
- Appears depressed (frequent crying, insomnia, overeating, weight loss/gain, loss of pleasure)
- Appears/reports hopelessness or helplessness
- Engagement in self-harm (i.e. cutting)

**DO NOT LEAVE STUDENT ALONE**

**YES** (imminent danger is clearly present)

- **EXAMPLES:**
  - Student disoriented, found unconscious or passed out
  - Student is found intoxicated or appears to be under the influence of substances
  - Student 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 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’s communications contain material that raises concerns about suicide, homicide, and/or violence

- **DIRECTLY** ask about your concerns and/or the warning signs
- **DIRECTLY** ask about suicide/homicide as it relates to the displayed warning signs

- **IMMEDIATELY**
  - If at an off campus location, call 911
  - Call YSU Police at (330) 941-3527 Or 911
  - Contact the FSA (Fraternity/Sorority Advisor) and notify them of the situation
  - Call YSU Student Counseling Services and ask to speak with a counselor at (330) 941-3737
  - Provide all the relevant information you have about the student and the situation to the counselor. The counselor will work with you to determine the proper course of action
  - If no counselor is available and it’s during business hours (9am-5pm), leave back information where you can be reached and nature of concern with support staff
  - If after hours call (330) 941-3737 and press 11 after brief message to be connected to Mental Health Professional who can assist you

- **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

- Submit a Penguin of Concern referral at https://ysu.edu/concern-referral using the information you wrote in the step above

**UNCLEAR** (whether imminent danger exists)

- **EXAMPLES:**
  - Student reports a history of self-injurious behaviors (i.e. cutting or burning) and now states a desire to engage in the behavior again
  - 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’s best friend recently died, but denies suicidal/homicidal thoughts and shows no warning signs

- **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

- Submit a Penguin of Concern referral at https://ysu.edu/concern-referral using the information you wrote in the step above

- **CALL YSU 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
  - Consider submitting a Penguin of Concern referral at https://ysu.edu/concern-referral

**NO** (imminent danger is clearly not present)

- **CONTINUE TO FOLLOW UP**:
  - As much as you and the student are comfortable, listen and provide support; 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 speak with a counselor

**Should you decide to refer to Student Counseling Services:**

- 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
- Consider submitting a Penguin of Concern referral at https://ysu.edu/concern-referral
- Notify your chapter advisor and the FSA that a referral has been made

**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

**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.**

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- 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)
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  - Appears depressed (frequent crying, insomnia, overeating, weight loss/gain, loss of pleasure)
  - Appears/reports hopelessness or helplessness
  - Engagement in self-harm (i.e. cutting)
- DO NOT LEAVE STUDENT ALONE.
- YES (imminent danger is clearly present)
- IMMEDIATELY:
  - Call YSU Police at (330) 941-3527 Or 911 from a campus telephone
  - If at an off-campus location, call 911
- Directly ask about your concerns and/or the warning signs
- Directly ask about suicide/homicide as it relates to the displayed warning signs
- YES (imminent danger is clearly not present)
- UNCLEAR (whether imminent danger exists)
- IMMEDIATELY:
  - If at an off-campus location, call 911
  - Contact the FSA (Fraternity/Sorority Advisor) and notify them of the situation
  - Call YSU Student Counseling Services and ask to speak with a counselor at (330) 941-3737
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**YOUNGSTOWN STATE UNIVERSITY**

**Student Counseling Services**

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