CAMPUS RESOURCES

YSU Police
330-941-3527
Resch Academic Success Center
330-941-3538
Student Counseling Services
330-941-3737
Mercy Health @ Wick
330-747-4660
Dean of Students
330-941-4721
Community Standards & Student Conduct
330-941-4704
Title IX Coordinator
330-941-4629
Financial Aid and Scholarships
330-941-3505
Accessibility Services
330-941-1372
Penguin Service Center
330-941-6000

BEGIN HERE

How to Help a Student Athlete in Distress

SIGNOS OF DISTRESS

Nervousness, agitation, or irritability
Tearfulness
Fearfulness
Seldom leaves their room/in frequent class attendance
Changes in academic performance/study behaviors
Dependency (i.e. student who is excessively clingy)
Unusual aggressive or abusive behavior
Frequent alcohol and/or drug use

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

Are you worried about the student athlete’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

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 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 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.)
Student’s communications contain material that raises concerns about suicide, homicide, and/or violence

Do you believe the student athlete 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
Contact athletic trainer and notify them of the situation
Athletic trainer will notify the Dean of Students at 330-717-2613

WRITE DOWN:
Everything you know about the situation (who, what, when, & where)
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

Directly ask about suicide/homicide as it relates to the displayed warning signs

Contact athletic trainer 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

Do you believe the student athlete is in imminent danger?

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’s best friend recently died, 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 speak 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

Contact athletic trainer and notify them of the situation.
Submit a Penguin of Concern referral at https://ysu.edu/concern-referral

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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.

Revised 7/22/2021
How to Help a Student Athlete in Distress

Provided by
Student Counseling Services
Room 2110, Kilcawley Center
330-941-1737