How to Help a Student in Distress

**BEGIN HERE**

**SIGNORS OF DISTRESS**

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

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

- 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"

**Do you believe the student is in imminent danger?**

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

**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 work assignments, and/or communications contain material that raises concerns about suicide, homicide, and/or violence

**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

**Faculty or Staff:** Contact your department head/supervisor and inform them of the situation

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

**Do not leave student alone.**

**UNCLEAR** (whether imminent danger exists)

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

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**Do not leave student alone.**

**Campus Resources**

- YSU Police 330-941-3527
- Student Counseling Services 330-941-3737
- Student Outreach and Support 330-941-4721
- Title IX Coordinator 330-941-4629
- Disability Services 330-941-1372
- Center for Student Progress 330-941-3538
- Student Health 330-747-4660
- Student Conduct 330-941-4704
- Financial Aid 330-941-3505
- Registrar 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.