

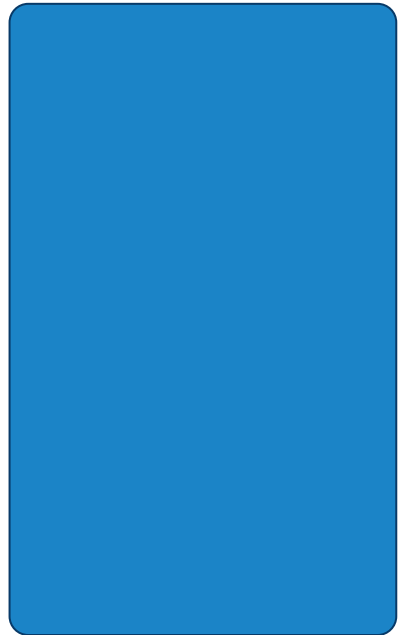
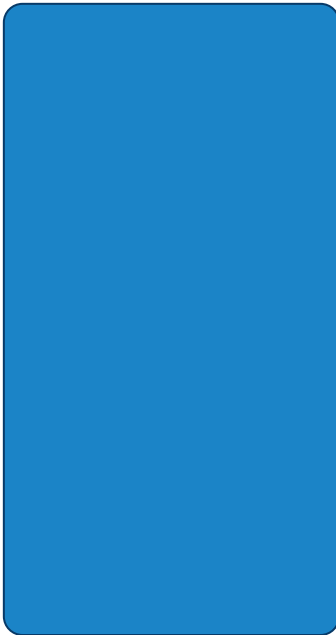
Students in Distress Guide

A Message to Faculty, Staff, & Students

The university experience looks and feels different for many students who embark on this journey. Supporting students is the responsibility of the university community. It is likely that faculty, staff, or other students will be in the best position to recognize the distress of a student. Faculty, staff and students can act as a bridge between a student in need of support and the resources that may assist the student.

This guide informs faculty, staff and students how to **recognize** signs of distress, provides tips on how to **respond** to distressed students' observations and their concerns, and provides **referrals** which enable faculty, staff and students to determine who to contact. The type and amount of distress the student is experiencing will require different actions and resources.

Safety First: If a person's conduct is clearly dangerous or threatening, including self-harm or harm to others, call 911.



Be Steady

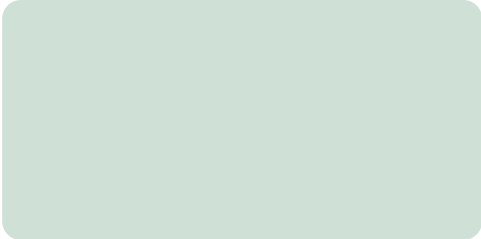
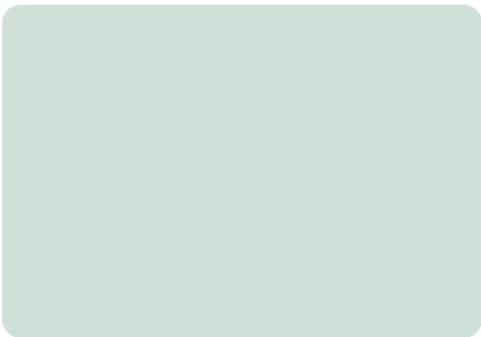
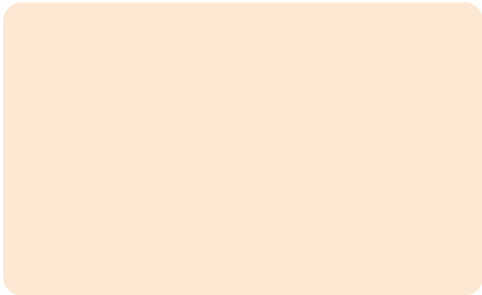
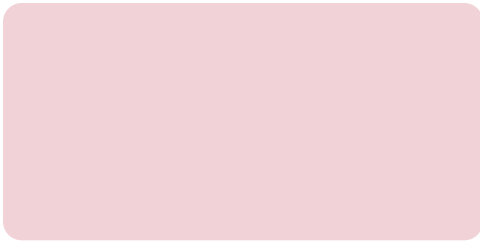
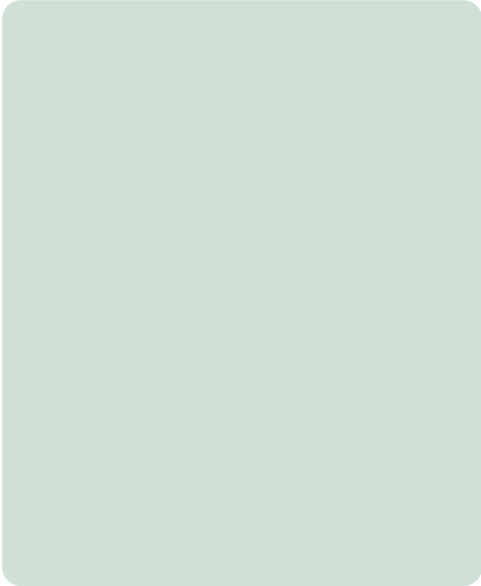
- Be aware of own reactions
- Take a breath if you feel overwhelmed or anxious
- Use the experts
- Seek consultation

Check in, Listen, Validate

Gather Information



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UNIVERSITY

A collection of seven light gray rounded rectangular boxes arranged in a grid. The first row contains three boxes. The second row contains three boxes. The third row contains one large box on the left side.