

Begin Here*

Student is under distress.

SIGNS OF DISTRESS include (but are not limited to):

- Nervousness, agitation, or irritability
- Seldom leaves their room/infrequent class attendance
- Tearfulness
- Changes in academic performance/study behaviors
- Changes in personal relationships
- Undue aggressive or abrasive behavior
- Fearfulness
- Dependency (e.g., student who is excessively clingy)
- Frequent alcohol and/or drug use

Express your concerns to the student, pointing out your observations and asking about his/her situation

Are you worried about the student'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 is bizarre, alarming, and/or dangerous
- Makes statements about hurting or killing others
- Marked change in behavior, mood, and/or hygiene
- Appears depressed (frequent crying, insomnia, oversleeping, weight loss/gain, loss of pleasure)
- Appears/reports hopelessness or helplessness
- Engagement in self-harm (e.g., cutting)

1. **DIRECTLY** ask about your concerns and/or the warning signs
2. **DIRECTLY** ask about suicide/homicide as it relates to the displayed warning sign(s)

YES

NO

Do You Believe the Student is in Imminent Danger?

YES (Imminent danger is clearly present)

Examples:

- Student disoriented, found unconscious or is unresponsive
- Student tells you that they have ingested pills beyond the recommended dose (whether the student confirms it is a suicide attempt or not)
- Student is threatening immediate danger to self (e.g., 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 Public Safety/Security at 7777 (from a cell phone: 812-492-7777)

UNCLEAR whether imminent danger exists

Examples:

- Student reports a history of self-injurious behavior (e.g., cutting or burning) and now states a desire to engage in this 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 (e.g., "I don't know if I can keep going.")
- Student appears emotionally distraught and does not respond to your attempts to calm him/her.
- Student experiences a sudden stressful event (e.g. death, breakup, divorce) and seems emotionally unstable/inconsolable, OR the student's response appears unusual (e.g. uncontrollable crying over a failed exam, no apparent response to the death of immediate family member, etc.).
- Student's work, assignments, and/or communications contain material that raises concerns about suicide, homicide, and/or violence.

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.

Contact your department head and inform him/her of the situation



Write down:

1. Everything you know about the situation (who, what, where, & when)
2. Any information you have about the student's difficulties (including history)
3. A number where you can be reached.

Give this information to Public Safety/Security (to assist emergency treatment providers) and to your department head.



Contact the Dean of Students (464-1862) who coordinates university follow-up. The Counseling Center is also available for ongoing consultation to help address the impact of the situation.

Call the Counseling Center and ask to speak with the on-call Counselor. If after hours, contact Public Safety/Security (492-7777).

DO NOT E-MAIL
This situation requires an immediate response.



Provide all the relevant information you have about the student and the situation to the on-call counselor. When you contact the Counseling Center, we will work with you to determine the proper course of action.



Contact your department head and inform him/her of the situation. Document relevant details about the situation (who, what, where, & when) and any background information you have about the student's difficulties.



Contact the Dean of Students (464-1862) who coordinates university follow-up.

Discuss counseling services and/or other university resources that might be helpful, and address any concerns the student might have about these resources. If you need assistance in determining the appropriate resource(s), or about how to refer, contact the Counseling Center (464-1867) during working hours and ask to speak with the on-call counselor.



Should you decide to refer to the Counseling Center:

- 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 the Counseling Center, to initiate counseling services.
- Continue to follow up with the student as appropriate; contact us if you observe a significant change.

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.

Campus Resources

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|--|-----------------|
| Career Counseling | 465-1606 |
| Career Services & Placement..... | 464-1865 |
| Children's Learning Center | 464-1869 |
| Computer Center Helpdesk | 465-1080 |
| Counseling Center | 464-1867 |
| Dean of Students | 464-1862 |
| International Programs & Services..... | 465-1248 |
| Multicultural Center | 465-7188 |
| Office of Disability Resources | 464-1961 |
| Outreach & Engagement – Continuing Education.... | 464-1989 |
| Public Safety/Security..... | 492-7777 |
| Recreation, Fitness, & Wellness | 461-5268 |
| Registrar..... | 464-1762 |
| Student Financial Assistance | 464-1767 |
| Student Support Services | 228-5086 |
| University Division | |
| ACHIEVE..... | 465-1606 |
| Advising | 465-1606 |
| Academic Skills | 464-1743 |
| Writer's Room..... | 461-5359 |
| ESL Program | 461-5362 |
| University Health Center..... | 465-1250 |
| Volunteer USI | 464-1924 |
| Zimride | zimride.usi.edu |



*Adapted from the work of B. Thomas Longwell, Psy.D. (originally created at Eastern Kentucky University in coordination with the staff of the ECU Counseling Center) Rev July 2013