

ASSISTING STUDENTS IN DISTRESS

I C.A.N. HELP: COMPASSIONATELY ASK NOW



PEOPLE *with*
HOPE TO BRING
A University of Notre Dame Initiative

Signs + Symptoms

Resources Available

<ul style="list-style-type: none"> Thoughts of harm to self or others Apathy or hopelessness Giving away possessions 	<h3>SEEK IMMEDIATE HELP</h3>	<ul style="list-style-type: none"> 911 NDPD UCC Crisis line Suicide Hotline Rector
<ul style="list-style-type: none"> Withdrawing Poor hygiene Inability to follow-through Excessive substance abuse Angry 	<h3>ACCEPT SUPPORT & CARE</h3>	<ul style="list-style-type: none"> Rector Care + Wellness Consultant UCC UHS Academic Advisor/Dean
<ul style="list-style-type: none"> Depressed Panic attacks Avoiding emails and commitments Change in self care/hygiene Mood swings Increased substance abuse 	<h3>SEEK OUT RESOURCES</h3>	<ul style="list-style-type: none"> Rector/AR Care + Wellness Consultant UCC UHS Faculty/ Advisor
<ul style="list-style-type: none"> Feeling overwhelmed, lonely or grieving Appears tired or distracted 	<h3>SHARE YOUR CONCERNS</h3>	<ul style="list-style-type: none"> RA Campus Ministry McWell RecSports Other Campus Departments
<ul style="list-style-type: none"> Daily management of self-care Ability to move through challenges 	<h3>DAILY SELF CARE</h3>	<ul style="list-style-type: none"> Hall Programs Campus Ministry McWell RecSports Other Campus Departments Clubs



COMPASSIONATELY.

Both undergraduate and graduate students may feel alone, isolated, and even hopeless when faced with challenges in their academic and personal lives.

ND Faculty and Staff are in a unique position to demonstrate compassion for students in distress. This folder can help you to recognize symptoms of student distress and identify appropriate referrals to campus resources. You may be the first person to see the signs of distress in a student...

ASK.

Sometimes students cannot, or will not turn to others for help. **ASK how they are doing. Offer to listen.** Your expression of concern may be a critical factor in saving a student's academic career or even their life.

This folder can help you recognize symptoms of student distress and identify appropriate referrals to campus resources.

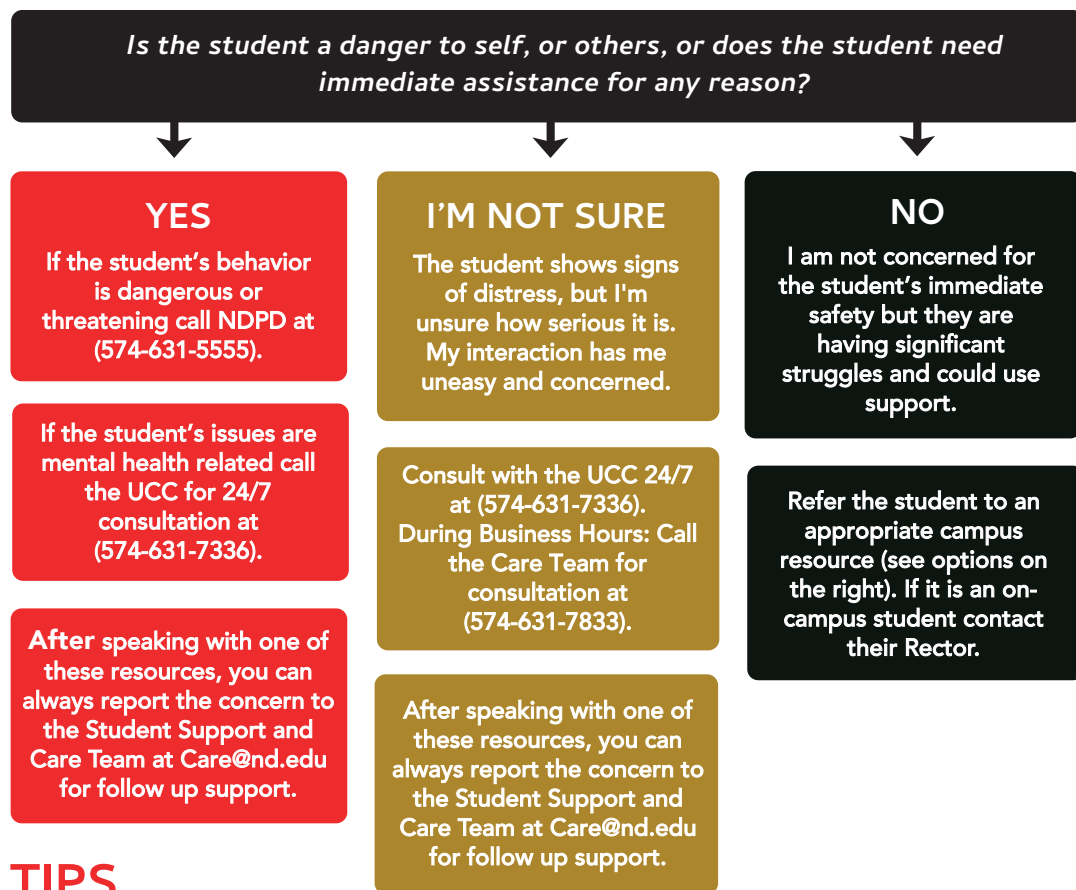
NOW.

Students exhibiting troubling behaviors in your presence are likely having difficulties in other areas of their lives including the classroom, with roommates, with family, and even in social settings.

Trust your instincts and say something NOW if a student makes you feel worried, alarmed, or threatened.

RESPONSE PROTOCOL

Follow the chart to determine who to contact when supporting a student in distress.



TIPS

PREPARING TO REACH OUT

- Know the available campus resources and the referral process.
- If safe, meet privately and always allow sufficient time to meet.
- It is best if you can have a conversation with the student. If you decide not to have direct contact with the student, refer the incident to your college dean.
- Consultations to prepare for these conversations are available through the UCC or Care and Wellness Consultants.

CONNECTING WITH THE STUDENT

- Clearly express your concerns by focusing on the behavior in non-judgmental terms.
- Allow the student to talk as you engage in active listening.
- Do not challenge or become argumentative with the student.
- **Ask directly if the student wants to hurt themselves or others.** "Are you thinking of killing yourself?" "Do you want to end your life?"
- Respect the student's privacy without making false promises of confidentiality. Document all incidents and attempts to refer the situation.

MAKING THE REFERRAL

- Recommend services and provide direct referrals; assist the student in contacting resources. **If the student is suicidal, do not leave them alone.** Contact the UCC and stay with the student until a plan for their safety is determined.
- Frame any decision to seek and accept help as a wise choice.
- Be frank with the student about your limits (time, expertise).
- Encourage and assist the student to make and keep any follow-up appointments, including a follow-up appointment with you.

RESOURCES

24/7 URGENT AND EMERGENCY SERVICES:

NDPD	(574-631-5555)
UNIVERSITY COUNSELING CENTER	(574-631-7336)
EMERGENCY SERVICES	(911)

HEALTH AND WELL-BEING SERVICES:

UNIVERSITY COUNSELING CENTER	(574-631-7336)
UNIVERSITY HEALTH SERVICES	(574-631-7497)
MCDONALD CENTER FOR STUDENT WELL-BEING	(574-631-7970)
CENTER FOR STUDENT SUPPORT AND CARE	(574-631-7833)

OTHER RESOURCES:

RECTORS	(574-631-5878)
CAMPUS MINISTRY	(574-631-7800)
OFFICE OF COMMUNITY STANDARDS	(574-631-5551)
GRADUATE STUDENT LIFE	(574-631-1221)
TITLE IX/SEXUAL ASSAULT RESOURCES	(574-631-7728)

NATIONAL HOTLINES:

NATIONAL SUICIDE PREVENTION LIFELINE	(988)
CRISIS TEXT LINE	TEXT "HOME" TO (741741)
NATIONAL SEXUAL ASSAULT HOTLINE	(1-800-656-4673)
NATIONAL DOMESTIC VIOLENCE HOTLINE	(1-800-799-7233)