

Student in Distress Flowchart

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

- Nervousness, agitation, or irritability
- Infrequent class attendance
- Tearfulness
- Changes in academic performance/study behavior
- Changes in personal relationships
- Undue aggressive or abrasive behavior
- Fearfulness
- Dependency (e.g., student who is excessively clingy)

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 and/or homicide as it relates to the displayed warning sign(s).

YES

NO

Do You Believe There is Imminent Danger?

YES

imminent danger is clearly present

Examples:

- 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 Campus Police at 911.

UNCLEAR,

whether imminent danger is present

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 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:

- You observe a student crying after getting off the phone, they reports that they are sad about the end of a romantic relationship; they deny suicidal/homicidal thoughts and shows no warning signs.
- Student is struggling due to academic skill deficits and test anxiety; they deny suicidal/homicidal thoughts and shows no warning signs. Student's best friend recently died, 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.

Write down:

1. Relevant details about the situation (who, what, where, when).
2. Any background information you have about the student's difficulties.
3. A number where you can be reached.

Give a copy to Campus Police or emergency responders (to assist emergency treatment providers).



Contact the Dean of Students (203-837-9700) 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 (203-837-8690) and ask to speak with an available Counselor.

DO NOT EMAIL
This situation requires an immediate response.

If the situation occurs after hours, contact Campus Police at 911 or 203-837-9300.



Provide all the relevant information you have about this student and the situation to the counselor; because as faculty, you have had the opportunity to observe the student over time, and with guidance, you can provide valuable information about the student's mental health.

When you contact the Counseling Center about a student, we will work with you to determine the proper course of action.

As much as you and the student are comfortable, listen and provide support; but do not become the student's therapist.



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 (203-837-8690).



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 students, or accompanying the student to the Counseling Center, to initiate counseling services.
- Continue to follow up with the student as appropriate.



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

Academic Advising: 203-837-8397
AccessAbility Services: 203-837-8225
Alcohol & Substance Abuse Prevention (CHOICES): 203-837-8898
Career Development Center: 203-837-8263
Center for Student Involvement: 203-837-3954
Counseling Center: 203-837-8690
Financial Aid & Student Employment: 203-837-8581
Dean of Students: 203-837-9700
Health Services: 203-837-8593
Math Clinic: 203-837-9203
Police Department: 203-837-9300
Registrar: 203-837-9200
Tutoring Resource Center: 203-837-9245
Women's Center: 203-837-3939
Writing Center: 203-837-8728

Community Resources

Crisis Hotline: 888-447-3339
All Emergencies - 911
24 Hour Suicide Hotline: 800-203-1234
Women's Center of Greater Danbury: 203-731-5200
Sexual Assault Hotline: 203-731-5204
Domestic Violence Hotline: 203-731-5206



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Center