

RECOGNIZING

a Student in Crisis



A+

Academic Indicators

- Sudden changes in academic performance
- Poor attendance
- Failing grades
- Repeated requests for accommodations
- Overreactions to grades or other feedback



Behavioral Indicators

- Trouble completing and keeping up with daily tasks
- Isolating from peers, friends, and family
- Noticeable and sudden changes in mood
- Increase in irritability and frustration
- Bizarre or disruptive behaviors



Physical Indicators

- Disheveled appearance
- Lack of energy or often dozing off in class
- Noticeable decline in personal hygiene
- Disorganized speech and confusion
- Frequently getting sick

What A Crisis
Looks Like



RESPONDING

to a Student in Distress

1. Ensure Your Immediate Safety

2. Is the student at risk for harming themselves or someone else?

YES

Do not leave them alone. Contact your Counseling Center, Public Safety, your direct supervisor, or call 911

NO

Chat with them and see how you might be able to help get them the support they need

Additional Tips

- Remember, you are not their therapist, you are offering a safe space to listen and refer them to professionals if needed
- Focus on actively listening to what the student is saying
- Give them space & avoid touching them without permission
- Use a calming tone of voice
- Pay attention to your facial expressions & body language
- Clearly express your concern and desire to support them

