

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 their 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)

YES

NO

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).

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
Police & Public Safety at
336-750-2911 or 911**

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 WSSU Public Safety or emergency responders (to assist providers).

Police & Public Safety will inform Counseling Services and the Assistant Dean of Students who coordinate appropriate follow-up services.

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 them.
- 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.

Complete a Student of Concern through the Dean of Students/Wellness or Counseling page or call Counseling Services (336-750-3270) and ask to speak with an available counselor.

This situation requires an immediate response.

**If the situation occurs after hours, contact
WSSU Police & Public Safety at 336-750-2911.**

Within your report provide all the relevant information you have about this student and the situation to the counselor (or officer); because as faculty/staff, 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 Counseling Services about a student, we will offer services that assist in the alleviation, remediation, and prevention of distress and facilitate students' personal development.

NO

IMMINENT DANGER IS CLEARLY PRESENT

EXAMPLES:

- You observe a student crying after getting off the phone, they report 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.
- If the student is only having academic issues, consider submitting an Alert through Inspire

Refer student to the CARES Team:

- 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 Office 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

UCaLL: 336-750-2635
Disability Services: 336-750-8658
Career Dev. Services: 336-750-3240
Counseling Services: 336-750-3270
Financial Aid: 336-750-3296
Housing & Residence Life: 336-750-3400
Veterans Affairs: 336-750-3333
Police & Public Safety: 336-750-2911
Registrar: 336-750-3331
Dean of Students: 336-750-3356

COMMUNITY/NATIONAL RESOURCES

Emergencies ON/OFF campus:
Forsyth County Dept. of Social Services: 336-703-3800
National Domestic Violence Hotline: 800-799-7233
Bridges to Hope Family Justice Center: 336-776-3255
Family Services of Forsyth County: 336-722-8173
Partners Behavioral Health: 336-835-1000
National Suicide & Crisis Hotline: Call or Text 988
Trevor Project Hotline LGBTQ: 1-866-488-7386

