



Students are likely to experience stressful events during the course of their academic experience. As faculty & staff members who work with students, you may encounter students who are in need of your assistance. Your role can be a positive and crucial one in identifying students who are in distress and assisting them in connecting with appropriate resources.

RESOURCES

If you have questions, concerns or are uncertain about a student's well-being, please call one of the resources listed below.

The Counseling Center

1st floor Cantrell Hall
276.376.1005

Campus Police

1st floor Cantrell Hall
276.328.COPS (8am-5pm M-F)
276.328.3756 (after hours & weekends)

Dean of Students

1st floor Cantrell Hall
276.376.4517

Threat Assessment Team

Jewell Worley, Chairperson
276.376.1004
<https://www.uvawise.edu/threat-team>

Office of Compliance & Inclusion

2nd floor Cantrell Hall
276.376.3451



**HELPING
STUDENTS
IN
DISTRESS**



When talking with a student exhibiting any level of distress, some basic guidelines are:

- Speak to the student in private.
- Accept and respect what is said.
- Focus on what is manageable.
- Avoid easy answers such as, "Everything will be alright."
- Help identify resources needed to improve the situation.
- Help the student recall effective strategies they have used in the past to manage distress.
- Recommend campus resources.
- Reassure the student that asking for help shows strength.

SIGNS OF DISTRESS

Mild

- Decline in class attendance
- Decline in academic performance
- Unusual changes in interactions
- Very rapid speech
- Neglecting their appearance

Moderate

- Repeated requests for special consideration, especially if they appear uncomfortable or highly emotional
- New or repeated behavior which pushes the limits of decorum and which interferes with class
- Unusual or exaggerated emotional responses that are obviously inappropriate to the situation

Severe

- Highly disruptive behavior
- Sudden change in personality
- Begins or increases alcohol/drug use
- Signs of self-injury
- Stalking behaviors
- Inappropriate communications
- Inability to communicate clearly
- Loss of contact with reality
- Overtly suicidal comments
- Threats to harm others
- Aggression to others

REFERRING A SEVERELY DISTRESSED STUDENT

Express your observations & concerns.

Explain the need to involve other campus professionals.

During regular business hours, either call the Counseling Center or walk the student to the center in order to speak with a counselor. Please indicate to the front desk attendant or counselor that it is an emergency situation.

In the event that a counselor cannot be reached, or if it is after hours or on weekends, call Campus Police at 276.328.3756 or 911. Campus Police can contact a counselor to speak directly with the at-risk student.

