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
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**

<table>
<thead>
<tr>
<th>Mild</th>
<th>Moderate</th>
<th>Severe</th>
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<tbody>
<tr>
<td>Decline in class attendance</td>
<td>Repeated requests for special consideration, especially if they appear uncomfortable or highly emotional</td>
<td>Highly disruptive behavior</td>
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<tr>
<td>Decline in academic performance</td>
<td>New or repeated behavior which pushes the limits of decorum and which interferes with class</td>
<td>Sudden change in personality</td>
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<tr>
<td>Unusual changes in interactions</td>
<td>Unusual or exaggerated emotional responses that are obviously inappropriate to the situation</td>
<td>Begins or increases alcohol/drug use</td>
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<td>Very rapid speech</td>
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<td>Signs of self-injury</td>
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<td>Neglecting their appearance</td>
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<td>Stalking behaviors</td>
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<td>Inappropriate communications</td>
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<td>Inability to communicate clearly</td>
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<td>Loss of contact with reality</td>
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<td>Overtly suicidal comments</td>
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<td>Threats to harm others</td>
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<td>Aggression to others</td>
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</tbody>
</table>

**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.