

RESOURCES FOR FACULTY AND STAFF

“Recognizing and Assisting Students in Distress”

RECOGNIZING STUDENTS IN DISTRESS

- Changes in mood, appearance or behavior
- Traumatic or upsetting changes in personal relationships
- Drug or alcohol abuse
- Academic deterioration
- Learning difficulties
- Suicidal language or references
- Leaving school

GUIDELINES FOR ASSISTING A STUDENT IN DISTRESS/ MAKING A REFERRAL

- Try to see the student in private
- Express your concern about the student in a non-judgmental way

(e.g. “I’m concerned that you have not been in class. Is everything all right?”)

- Be aware of suicidal or homicidal language/intentions

(e.g. “I can’t take this anymore,” or “I just want the pain to stop.”)

- If you feel that the student is in danger, take no chances. Call the *Counseling and Resource Center* (640-1358) and, if the threat is immediate, call 911. Walk the student to the Center Mountlake Terrace Hall, room 145.
- It may help the student just to know that you care about his or her well being.
- If the Counseling and Resource Center is closed, call the Call Care Crisis Line, 1.800.584.3578.

Document your conversation and inform *Sheryl Copeland*, Interim Director, Counseling & Resource Center. sheryl.copeland@email.edcc.edu or 425-640-1797