

# Distressed Students

Signs might include, but are not limited to, the following: excessive absences, plummeting academic performance, isolation, poor personal hygiene, unable to control emotions or behavior, interpersonal dependency, engaging in high-risk behavior, and/or emotional distress.

DO I HAVE A RELATIONSHIP WITH THE STUDENT?

YES

## Speak Directly with Student

- 1) Schedule a 1-1 meeting
- 2) Let someone else in your department know of the meeting so they can be available if necessary.
- 3) Tell student what you have noticed about their behavior that has caused your concern.
- 4) Ask open-ended questions; avoid "why" questions.
- 5) Listen to student's response.
- 6) Deal directly with issues without judgement.
- 7) Restate what you have heard.

NO

## Consult a Campus Resource

Campus Police  
706.272.4461

CARE Team, Dean of Students' Office  
706.272.2505

Counseling Center, Health Services  
706.272.4430

Disability Access, Dean of Students Office  
706.272.2524

Resident/Housing Student, Residential Life  
706.712.8228

Veteran Affairs, Financial Aid Office  
706.272.4542

## Assess: Is this an emergency?

- 1) Is there imminent danger of harm to self or others?
- 2) Is the student behaving in a threatening or violent manner?
- 3) Does the student seem out of touch with reality?
- 4) Does anything else about the situation seem threatening or dangerous?

*(Yes to any of these = emergency)*

YES

Walk individual to The Counseling Center  
OR  
Call Campus Police (706.272.4461) or 911

NO

## Is the situation, nonetheless, urgent?

- 1) Despair or depression
  - 2) Not eating
  - 3) Nonsensical rambling, ranting
- (Yes to any of these = urgent)*

YES

NO

## Things to say to student:

- 1) Asking for help is a sign of strength!
- 2) Who can you talk to about this?
- 3) What do you think would help?
- 4) How about going to The Counseling Center?

*Always, file an official report for documentation purposes (Dean of Students' website).*

