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.

YES

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

NO

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)

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).