



Recognize

Recognize distress. UConn faculty and staff are in a position where they have frequent contact with students and may be the first to see that something seems off.

ACADEMIC

- Sudden decline in work quality and grades
- Frequently missed classes and assignments
- Bizarre, disturbing, or otherwise concerning content in writing or presentations
- Repeated classroom disruptions
- Continuously coming to you for personal rather than academic counseling

EMOTIONAL

- Repeated tearfulness
- Panic symptoms
- Self-disclosure of personal distress (e.g. family conflict, financial problems, depression, grief, thoughts of suicide)
- Verbal abuse
- Expressions of concern by other students

PHYSICAL

- Noticeable changes in physical appearance including hygiene, grooming, sudden weight loss/gain
- Excessive sleepiness or falling asleep in class
- Visibly under the influence of alcohol or other drugs
- Seeming disoriented or confused

RISK RELATED

- Unprovoked anger or hostility
- Implying or making a direct threat to self or others
- Academic assignments dominated by themes of death, extreme hopelessness, helplessness, isolation, rage, violence, self-injury
- Communicating threats via email, text, social media or phone calls

Respond

Use these important tips when responding to a distressed student:

Safety First. If there is an imminent danger to the student, you, or others, *call Campus Police or 911.*

Be Proactive. If you notice that something seems off, engage students early on. Waiting could mean that the problem gets worse before you see them again.

Stay Calm. Take a few deep breaths. Use a calm voice when talking and asking questions.

Ask Direct Questions. Inquire directly if the student is having thoughts of harm to themselves, suicide, or thoughts of hurting others.

Active Listening. Give the student your full attention. Restate or summarize what the students says so that they feel understood.

Seek Consultation. You are not alone. See below resources that can help support you.

Refer

I am not concerned for the student's immediate safety, but they are having significant academic and/or personal issues and could use more support.

Refer to Dean of Students at dos@uconn.edu

For Grad Students, refer to: grad.uconn.edu/gspa

Student shows signs of distress, but I am unsure of how serious it is. The interaction left me feeling uneasy and/or very concerned about the student.

[Consult/refer to Student Health and Wellness](#)

[Report to CARE Team](#)

Student's behavior is imminently dangerous to self or others, reckless, or disorderly.

Student needs immediate assistance.

*Call 911 or
[UConn Police \(860\) 486-4800](tel:(860)486-4800)
[Then report to CARE Team](#)*

Contacts

- SHaW Mental Health: (860) 486-4705
- SHaW Advice Nurse: (860) 486-4700
- UConn Police: (860) 486-4800
- CARE Team: (860) 486-8777

Regional Mental Health Resource Centers:

- Avery Point: (860) 405-9044
- Hartford: (860) 486-9143
- Stamford: (203) 251-9597, (203) 251-9590
- Waterbury: (203) 236-9817