TIPS FOR RECOGNIZING DISTRESSED STUDENTS

At one time or another everyone feels upset or distressed. However, there are three levels of student distress which, when present over a period of time, suggest that the problems are more than the "typical" ones.

Level 1

- Changes in academic performance in the classroom
- Significant drop in examination scores
- Change in pattern of interaction
- Changes in physical appearance
- Problems concentrating & remembering things or making decisions

Level 2

- Repeated request for special consideration
- New or regularly occurring behavior which pushes the limits and may interfere with class
- management or be disruptive to other students, faculty or staff
- Unusual or exaggerated emotional responses
- Persistent sadness or unexplained crying
- High levels of irritability or inappropriate excitement

Level 3

- Highly disturbed behavior
- Outbursts of anger
- Inability to communicate clearly
- Irrational conversation or speech that seems disconnected
- Loss of contact with reality (seeing/hearing things that are not there, beliefs or actions at odds with reality)
- Suspiciousness, irrational feelings of persecution
- Statements related to death or dying or feelings of hopelessness
- Threats of harming self or harming others

WHAT CAN YOU DO TO HELP

For those exhibiting level 1 and 2 behaviors, please complete the UBIT Concern Report Form.
For those exhibiting Level 3 behavior, we ask that you stay calm, find someone to stay with the person if possible, and immediately call University Police Department at 1000.

RESPONDING TO SUICIDAL CONCERNS

When a student makes any reference to suicide, threat of suicide, or attempt at suicide, a judgment should be made by a mental health professional about the seriousness of a possible suicidal thought or behavior. Suicide attempts are first and foremost a medical emergency. If danger or suicidal behavior appears imminent: 1) Stay calm and 2) Contact University Police Department at 1000.