## **Begin Here\***

#### Student is under distress.

SIGNS OF DISTRESS include (but are not limited to):

- Nervousness, agitation, or irritability
- Seldom leaves their room/infrequent class attendance
- Tearfulness
- Changes in academic performance/study behaviors
- Changes in personal relationships
- Undue aggressive or abrasive behavior
- Fearfulness
- Dependency (e.g., student who is excessively clingy)
- Frequent alcohol and/or drug use

1. DIRECTLY ask about your concerns and/or the warning signs

2. DIRECTLY ask about suicide/homicide as it relates to the displayed warning sign(s) YES 
NO

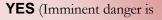
Express your concerns to the student, pointing out your observations and asking about his/her situation

# Are you worried about the student's safety or do you see possible warning signs?

WARNING SIGNS include (but are not limited to):

- Withdrawal from others (isolation)
- Talks about or threatens suicide
- Makes statements such as "I want this all to end" or "I can't go on anymore"
- Significant confusion
- Behavior is bizarre, alarming, and/or dangerous
- Makes statements about hurting or killing others
- Marked change in behavior, mood, and/or hygiene
- Appears depressed (frequent crying, insomnia, oversleeping, weight loss/gain, loss of pleasure)
- Appears/reports hopelessness or helplessness
- Engagement in self-harm (e.g., cutting)

### Do You Believe the Student is in Imminent Danger?



clearly present)

Examples:

- Student disoriented, found unconscious or is unresponsive
- Student tells you that they have ingested pills beyond the recommended dose (whether the student confirms it is a suicide attempt or not)
- Student is threatening immediate danger to self (e.g., threatening to jump out a window, ingest pills, shoot self, etc.)
- Student attempts, or threatens, to cause physical harm to someone else or people in general

Immediately call Public Safety/Security at 7777 (from a cell phone: 812-492-7777) **UNCLEAR** whether imminent danger exists Examples:

- Student reports a history of self-injurious behavior (e.g., cutting or burning) and now states a desire to engage in this behavior again.
- Student is found intoxicated or appears to be under the influence of substances.
- Student makes statements that are suggestive of suicidal/homicidal thinking that are not overtly indicative of imminent danger (e.g., "I don't know if I can keep going.")
- Student appears emotionally distraught and does not respond to your attempts to calm him/her.
- Student experiences a sudden stressful event (e.g. death, breakup, divorce) and seems emotionally unstable/inconsolable, OR the student's response appears unusual (e.g. uncontrollable crying over a failed exam, no apparent response to the death of immediate family member, etc.).
- Student's work, assignments, and/or communications contain material that raises concerns about suicide, homicide, and/or violence.

# **NO** (Imminent danger is clearly not present) Examples:

- Student is very upset about the end of a romantic relationship, but denies suicidal/homicidal thoughts and shows no warning signs
- Student reports anxiety and depression, but denies suicidal/homicidal thoughts and shows no warning signs
- Student's best friend recently died, but denies suicidal/homicidal thoughts and shows no warning signs

As much as you and the student are comfortable, listen and provide support; but do not act as the student's therapist.

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Contact your department head and inform him/her of the situation

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- Write down:
  - Everything you know about the situation (who, what, where, & when)
  - 2. Any information you have about the student's difficulties (including history)
  - 3. A number where you can be reached.

Give this information to Public Safety/Security (to assist emergency treatment providers) and to your department head.

#### 1

Contact the Dean of Students (464-1862) who coordinates university follow-up. The Counseling Center is also available for ongoing consultation to help address the impact of the situation. Call the Counseling Center and ask to speak with the on-call Counselor. If after hours, contact Public Safety/Security (492-7777).

#### **DO NOT E-MAIL**

This situation requires an immediate response.

Provide all the relevant information you have about the student and the situation to the on-call counselor. When you contact the Counseling Center, we will work with you to determine the proper course of action.

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Contact your department head and inform him/her of the situation. Document relevant details about the situation (who, what, where, & when) and any background information you have about the student's difficulties.

# Contact the Dean of Students (464-1862) who coordinates university follow-up.

#### Campus Resources

Career Counseling	465-1606
Career Services & Placement	464-1865
Children's Learning Center	464-1869
Computer Center Helpdesk	465-1080
Counseling Center	464-1867
Dean of Students	464-1862
International Programs & Services	465-1248
Multicultural Center	
Office of Disability Resources	464-1961
Outreach & Engagement - Continuing Educati	on 464-1989
Public Safety/Security	492-7777
Recreation, Fitness, & Wellness	461-5268
Registrar	464-1762
Student Financial Assistance	464-1767
Student Support Services	
University Division	
ACHIEVE	465-1606
Advising	465-1606
Academic Skills	464-1743
Writer's Room	461-5359
ESL Program	461-5362
University Health Center	
Volunteer USI	
Zimride	zimride.usi.edu

Discuss counseling services and/or other university resources that might be helpful, and address any concerns the student might have about these resources. If you need assistance in determining the appropriate resource(s), or about how to refer, contact the Counseling Center (464-1867) during working hours and ask to speak with the on-call counselor.

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Should you decide to refer to the Counseling Center:

- Please know that we would like to hear your concerns about the student and your beliefs about the urgency of the situation.
- Consider calling with the student, or accompanying the student to the Counseling Center, to initiate counseling services.
- Continue to follow up with the student as appropriate; contact us if you observe a significant change.

#### Note:

If at any point you believe the student's "Imminent Danger" status may have changed, return to the "Imminent Danger" steps outlined in this flowchart.

