

Assisting Students in Emotional Distress

WARNING SIGNS A STUDENT MAY BE IN EMOTIONAL DISTRESS

- Inappropriate emotional outbursts
- Direct statements indicating distress
- Expressions of hopelessness or suicide
- More withdrawn or animated than usual
- Disorganized or concerning performance
- Significant changes in energy
- Worrisome changes in hygiene
- Repeated absences or missed assignments
- Ranting or threatening emails
- Significant change in weight
- Peer concerns for another student
- Deterioration in academic work
- Frequent states of intoxication
- Noticeable cuts, bruises or burns
- Sleeping in class
- Continual seeking of special provisions or permissions

WHAT DO I SAY TO THE STUDENT?

Use observational statements

“You haven’t been in class lately, and you haven’t turned in the last two assignments”

Use “I” statements

“I feel concerned that you may be going through a stressful time right now”

Use open-ended questions

“How have you been feeling lately?”

WHERE DO I REFER THE STUDENT FOR HELP?

- Counseling Services (864-503-5195)
- Dean of Students (864-503-5107)
- Dept. of Public Safety (864-503-7777)
- Disability Services (864-503-5199)
- Spartan Recreation Center
- Office of Institutional Equity, Inclusion and Engagement
- After-Hours Crisis Line (864-503-5195, #2)
- Complete an RU OK? Referral
- Health Services (864-503-5191)
- Student Success Center
- Starfish (Refer & Raise a Flag)

To learn more: [Counseling Services Workshops](#) / [Center for Academic Innovation & Faculty Support](#)