

SH ORANGE FOLDER

→ GUIDE FOR RESPONDING TO STUDENTS IN DISTRESS



The purpose of this folder is to help faculty and staff recognize potential symptoms of distress, how to engage in conversations, and identify appropriate resources in which to refer students.

What are some warning signs or indicators of distress?

Academic

- Repeated absences
- Decreased academic performance
- Decreased participation in academics or extracurriculars
- Multiple requests for extensions
- Concerning content in writings or presentations
- Any change from the students' baseline pattern of academic behavior

Psychological

- Changes in mood or energy levels
- Increased anger or irritability
- Excessive stress, fear, and/or worry
- Self-disclosure of personal stress (e.g., financial problems, family issues)
- Concern from peers

Behavioral

- Lack of responsiveness to email communications
- Communication that seems out of the ordinary
- Changes in physical appearance or personal hygiene
- Intoxicated or hungover regularly during class

Safety Risk

- Unprovoked anger/hostility
- Physical violence
- Implying or making direct threat to harm self or others
- Academic assignments with themes of extreme hopelessness, despair, or suicidal ideation
- Stalking or harassing
- Communicating threats

Trust your instincts. If a student's behavior leaves you feeling worried or concerned - consult with someone.

Safety First

The welfare of our campus community is the top priority. When a student displays threatening or potentially violent behavior, do not hesitate to call for help.

Listen Non-Judgmentally

Use a non-confrontational approach and calm voice. Avoid threatening, humiliating, and intimidating responses.

Be Proactive & Direct

If you have concerns about a student, address them early on. Address the issue head on by indicating your concern for behavior changes.

Connect with Resources

Provide students with options for resources. Use the decision tree in this folder to help decide which is the best resource for the student.

Check In

Follow up with the student to express ongoing care and determine if further assistance is needed.

DOES THE STUDENT REQUIRE IMMEDIATE ASSISTANCE?

YES

The student is at immediate risk of harming self or others, is incoherent or unresponsive, is in extreme distress, or is causing extreme distress to others **OR** you have significant concerns about the student and cannot determine if they are at imminent risk.



Call UPD Emergency Line at 936.294.1000 if the student is **ON CAMPUS**.
Call 9-1-1 if the student is **OFF CAMPUS**.
After connecting the student to emergency resources, submit a Behavioral Intervention Form.

UNSURE

This is not an emergency; however, the student is showing signs of distress and the issue is impacting multiple areas of the student's life. You are concerned about them and want to get them help in a timely fashion.



Submit a Behavioral Intervention Form through the Dean of Students Office.
Business hours: Call the SHSU Counseling Center for a consultation at 936.294.1720.
After hours: Call the UPD Non-Emergency Line at 936.294.1800.

NO

You are not concerned for the student's immediate safety, but believe they are struggling with academic and/or personal issues and could benefit from some additional support.



Connect the student with the CARE Network.
Faculty: Submit an alert through Campus Connect.
Staff: Submit a CARE Network Referral Form.

SCAN THE QR CODES TO ACCESS THE CORRECT FORM AS INDICATED ABOVE



← Behavioral Intervention Form:



← CARE Network Referral Form:

Campus Resources

SHSU Counseling Center
936.294.1720
1608 Avenue J, 2nd Floor

Jack Staggs Counseling Clinic
Huntsville:
936.294.1121
1932 Bobby K Marks Drive
The Woodlands:
936.202.5012
3380 College Park Drive

Dean of Students Office
936.294.1785
LSC Suite 210

CARE Network
936.294.1785
LSC Suite 210

Title IX
936.294.3080
Thomason Bldg, Suite 302

Crisis Resources

**University Police Department
Emergency Line**
(936) 294-1000

**National Suicide Prevention
Lifeline**
Dial 9-8-8
Press '1' for Veterans

Crisis Text Line
Text 'HOME' to 741-741