## Assisting Students in Distress

### see something? say something. do something!

#### > academic indicators
- Sudden decline in quality of work and grades
- Repeated absences
- Bizarre content in writings or presentations
- Student seeking more personal rather than academic counseling during office hours

#### > physical indicators
- Marked changes in physical appearance including deterioration in grooming, hygiene, or weight loss/gain
- Intoxication, hung over, or smelling of alcohol
- Disoriented or "out of it"

#### > psychological indicators
- Self-disclosure of personal distress: family problems, financial difficulties, contemplating suicide, grief
- Excessive tearfulness, panic reactions, irritability, or unusual apathy
- Verbal abuse
- Expressions of concern about the student by his/her peers

#### > safety risk indicators
- Unprovoked anger or hostility
- Implying or making a direct threat to harm self or others
- Communicating threats via email, correspondence, texting, or phone calls
- Academic assignments dominated by themes of extreme hopelessness, rage, worthlessness... a "cry for help"

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**With support from:**

- UCSF
- CalMHSA
- University of California
  San Francisco
If concerned, call...

medical and/or UC police emergency¹

1. To request assistance if you are in the middle of a medical or safety emergency. For example, you find a student impaired, actively threatening suicide or intimidating others.

New!

request wellness check for safety²

2. To request a wellness check for safety when you are concerned that a student is at high risk for a serious problem, and/or you haven’t been able to reach a student when they should be available. A dispatcher will answer the line and determine next steps for safety and wellbeing.

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