As a student, you may be the first person to see something distressing in a peer.

Graduate and professional students may feel alone, isolated, and even hopeless when faced with academic and life challenges. These feelings can disrupt academic performance and may lead to unhealthy behaviors.

Trust your instincts and say something if another student leaves you feeling worried, alarmed, or threatened.

Sometimes people cannot or will not turn to family and friends. Doing something, like expressing concern and/or informing another student of services available to them, may be a critical factor in getting them to seek help.

Assisting Peers in Distress

see something?

- As a student, you may be the first person to see something distressing in a peer.
- Graduate and professional students may feel alone, isolated, and even hopeless when faced with academic and life challenges. These feelings can disrupt academic performance and may lead to unhealthy behaviors.

say something.

- Trust your instincts and say something if another student leaves you feeling worried, alarmed, or threatened.

do something!

- Sometimes people cannot or will not turn to family and friends. Doing something, like expressing concern and/or informing another student of services available to them, may be a critical factor in getting them to seek help.

> academic indicators

- Sudden decline in quality of work and grades
- Repeated absences

> physical indicators

- Marked changes in physical appearance including deterioration in grooming, hygiene, or weight loss/gain
- Excessive fatigue/sleep disturbance
- 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 other 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
see something? say something. do something!

**Assisting Peers in Distress**

**Is this peer a danger to themselves or others or for any reason does this peer need immediate assistance?**

**YES.** This peer’s conduct is clearly and immediately reckless, disorderly, dangerous, or threatening including self-harm behavior.

**Call UC Police Department (UCPD) 9-911 (from campus phone) 415-476-6911 (from mobile)**

**I’M NOT SURE.** The student shows signs of distress but I’m unsure how serious it is. My interaction has left me feeling uneasy or concerned about this peer.

**During Business Hours:**
- Call Student Health & Counseling Services (SHCS) for consultation: 415-476-1281, option #2
- After Hours & Holidays:
  - 415-476-1281, option #7

**NO.** I’m not concerned for the peer’s immediate safety, but the student is having significant academic and/or personal issues and could use some support.

**During Business Hours:**
- Refer peer to an appropriate campus resource. (see table, right)
- Call Student Life for general consultation about other available support: 415-502-3302

**UCSF Campus Resources**

- UC Police Emergency (from campus phone) 9-911
- UC Police Emergency (from mobile) (415) 476-6911
- UC Police Non-emergency (415) 476-1414
- Student Health & Counseling Services (SHCS) (415) 476-1281
- SHCS Mental Health After Hours Crisis Line (415) 476-1281x7
- Medical Student Well-Being Program (415) 476-0468
- Student Disability Services (415) 502-2768
- Office of Career & Professional Development (415) 476-4986
- Student Financial Aid (415) 476-4181
- Affirmative Action, Equal Opportunity (415) 476-7700
- Student Life (415) 502-3302
- International Students & Scholars Office (415) 476-1773
- Lesbian, Gay, Bisexual & Transgender Resource Center (415) 476-7700
- Office of the Ombuds (415) 502-9600
- Learning Resource Services (415) 502-0319
- Multicultural Resource Center (415) 502-1911
- CARE Advocate (Sexual Assault/Domestic Violence) (415) 502-8802
- Office for the Prevention of Harassment and Discrimination (415) 502-3400

updated: 3/16/2016