

Assisting Peers in Distress

see something? say something. do something!



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. **DO**ing 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
- Bizarre content in writings or presentations

> *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*

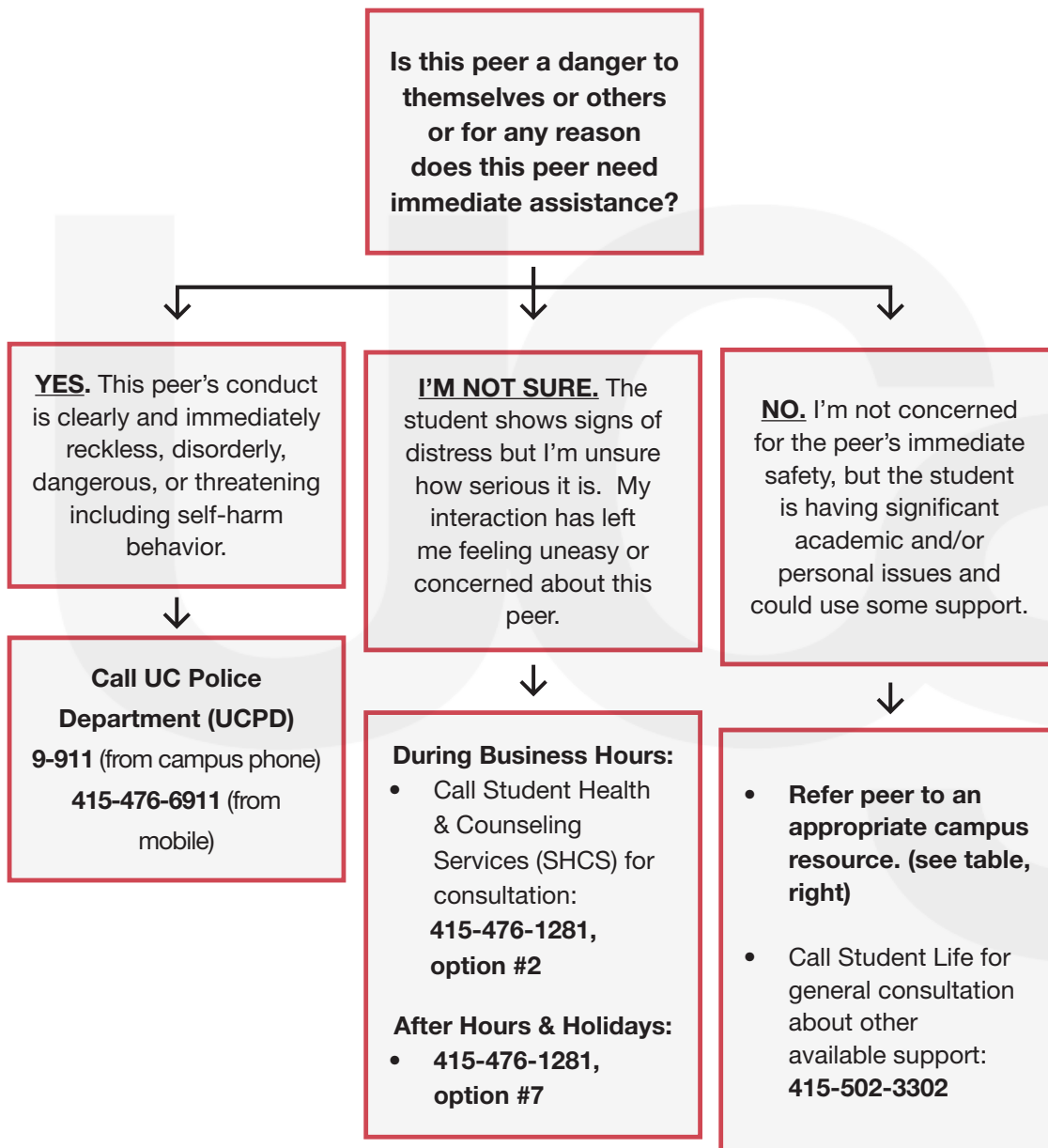
- Self-disclosure of personal distress: family problems, financial difficulties, contemplating suicide, grief
- Excessive tearfulness,
- panic reactions, irritability, or unusual apathy
- Verbal abuse
- Expressions of concern about the student by other peers

> *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

With support from:





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