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# DISTRESSED STUDENT

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If you are concerned about a student, initiate a meeting to provide resources. It is better to have resources and not need them than need help and no resources

## PRIVATE

The conversation with the student should be in private. (Don't meet alone with an aggressive or hostile student, ask for assistance if you feel threatened or concerned for your safety. Your safety is your number one priority)

## CONCERNS

Express genuine concerns based on specific observed behaviors or changes in a direct non-judgmental manner. (Avoid questions that may be critical or judgmental (e.g. Why are you always being disruptive in class? or Why haven't you turned in your last three assignments?))

## LISTEN

Actively listen to the student. Reflect the student what you heard to ensure you understood correctly.

## SUICIDE (Primary concern is the safety of student and/or others)

If you are concerned about suicide, ask the student directly.  
"Are you having thoughts of killing yourself? "

## YES → IMMEDIATE REFERRAL (Do not leave the student unattended if they are a danger to themselves)

Explain to the student whom you will inform and why and that you will pass on information on a need to know basis and in the interest of their welfare.

- Life-threatening emergency, immediately call **9-1-1**
- Non-life-threatening immediate response is required and you are on campus, contact **Campus Police- Alva & Woodward Campus: (580) 327-851 Enid Campus: (580) 213-3130**

## NO → PROVIDE RESOURCES

Encourage the student to seek help at the university free and confidential counseling services. It is the student's personal choice to accept or refuse counseling services.

Explain to the student whom you will inform and why and that you will pass on information on a need to know basis and in the interest of their welfare.

## DOCUMENT

Document the incident/actions taken and turn in to the appropriate source.

## FOLLOW UP

Next time you see the student asks how he or she is doing.