

FACULTY QUICK REFERENCE

Recognizing Warning Signs & Supporting Students

CRISIS? Call 911 | 988 Lifeline | Text HOME to 741741

WARNING SIGNS TO WATCH FOR

Academic Changes

- Sudden drop in grades
- Missed classes/assignments
- Difficulty concentrating
- Decline in participation
- Requests for extensions

Behavioral Changes

- Social withdrawal
- Changes in appearance/hygiene
- Increased irritability
- Excessive fatigue
- References to hopelessness

Emotional Signs

- Tearfulness or flat affect
- Anxiety or panic symptoms
- Expressions of worthlessness
- Mood swings
- Loss of interest in activities

Concerning Themes

- Death/dying in work
- Giving away possessions
- Saying goodbye
- Talking about being a burden
- Substance use references

HOW TO APPROACH A STUDENT

✓ DO

- Express concern directly
- Meet privately
- Listen without judgment
- Validate their feelings
- Offer specific resources
- Follow up

✗ DON'T

- Ignore warning signs
- Promise confidentiality you can't keep
- Try to diagnose or counsel
- Minimize their experience
- Argue or debate
- Take on sole responsibility

CONVERSATION STARTERS

"I've noticed..." you've seemed [tired/stressed/withdrawn] lately. How are you doing?

"I'm concerned..." because [specific observation]. Is everything okay?

"I want you to know..." that I care about your wellbeing, not just your grades.

"Are you aware..." of the counseling services available to you?

REFERRAL PATHWAY

Concern Level

Action

Who to Contact

LOW General stress	Check in, share resources	No referral needed
MODERATE Persistent issues	Encourage counseling	Counseling Center
HIGH Severe distress	Warm handoff to services	Dean of Students + Counseling
CRISIS Imminent danger	Don't leave alone, call for help	911 / Campus Security

CAMPUS CONTACTS (Fill in your school's numbers):

Counseling Center: _____ | Dean of Students: _____

Campus Security: _____ | After-Hours Crisis: _____