Responding to a student in distress or crisis may be uncomfortable and pose challenges. You are encouraged to seek assistance and support from the Critical Incident Task Force or S&T Counseling. Below are guidelines for recognizing and responding to common warning signs.

## RECOGNIZING WARNING SIGNS

As a member of the S&T campus community, you may become aware of warning signs that indicate a need for intervention.

### Marked Changes in Academic Performance or Classroom Behavior
- Poor performance, excessive absence, tardiness, or lack of preparation
- Unusual or changed pattern of interaction
- Excessive anxiety
- Exaggerated or inappropriate emotional response

### Unusual Behavior or Appearance
- Depressed mood
- Restlessness, very rapid speech, irritability, or disruptive behavior
- Change in personal hygiene or appearance
- Swollen or red eyes
- Dramatic weight loss or gain

### References to Suicide, Homicide or Death
- Expressed thoughts of helplessness or hopelessness
- Overt references to suicide or homicidal threats
- Isolation from friends or family

### Common Issues
- Academic performance concerns, struggles
- Interpersonal conflicts (arguments, romantic break-ups, etc.)
- Financial Hardships

## HOW TO TALK TO STUDENTS ABOUT YOUR CONCERNS (NON-EMERGENCY)

### Be Available
- Talk to the student in private and give your undivided attention
- Patient, concerned listening may be enough to help the student feel supported

### Listen
- Listen in a sensitive, non-threatening way and express your concern without judging

### Communicate
- Let the student talk
- Communicate understanding by paraphrasing what the student has told you

### Give Hope
- Assure the student that things will get better
- Express there are options and suggest resources (friends, family, campus professionals)

### Maintain Boundaries
- Maintain clear and consistent boundaries and expectations

### Refer to Other Resources When:
- The problem is more serious than you feel comfortable handling
- You have helped as much as you can and further assistance is needed
- You think your personal feelings about the student will interfere with your objectivity
- The student admits that there is a problem, but doesn’t want to talk to you about it

## RESOURCES

- **CITF WEBSITE:** [http://stuaff.mst.edu/citf/](http://stuaff.mst.edu/citf/)
- **RECOGNIZING & RESPONDING TO STUDENTS IN DISTRESS** [http://stuaff.mst.edu/resources/faculty.html](http://stuaff.mst.edu/resources/faculty.html)
- **AskListenRefer:** [http://asklistenrefer.org/mst](http://asklistenrefer.org/mst)
  - Online Suicide Prevention Training Program designed to support the campus community in preventing suicide.

## CONTACTS

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<thead>
<tr>
<th>S&amp;T POLICE</th>
<th><a href="mailto:police@mst.edu">police@mst.edu</a>, 341-4300</th>
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<tr>
<td>CITF</td>
<td><a href="mailto:citf@mst.edu">citf@mst.edu</a>, 341-4292</td>
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<td>PATTI FLECK</td>
<td><a href="mailto:pfleck@mst.edu">pfleck@mst.edu</a>, 341-4211</td>
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<tr>
<td>BARB PREWETT</td>
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