## IF YOU SEE SOMETHING, SAY SOMETHING

Ithaca College faculty and staff are in a unique position. If you have frequent contact with a student, you may be the first person to see something distressing.

Initiate the conversation. Say something if a student leaves you feeling worried, alarmed, or threatened.

### TIPS & REMINDERS

- **Safety first**: The welfare of the campus community and our students is top priority. When a student displays threatening or potentially violent behavior, call for help.

- **Be direct**: Don’t be afraid to ask students directly if they are feeling confused or having thoughts of hurting themselves or others.

- **Be proactive**: Engage students early on; set limits on disruptive behaviors.

- **Listen sensitively and carefully**: Use a non-confrontational approach and a calm voice. Avoid doing or saying anything that could be perceived as threatening, humiliating, intimidating, and/or shaming.

- **Document and consult**: Always document your interactions with a distressed student and consult with your department chair/supervisor after any incident.

- **Refer to resources**: Identify available resources and encourage the student to seek help. Schedule another meeting to follow-up.

## FOR FACULTY AND STAFF

**THE OFFICE OF CASE MANAGEMENT**

124 TOWERS CONCOURSE

(607) 274-7731

ITHACA COLLEGE

ITHACA.EDU/ICARE

## OFF CAMPUS CONTACTS

**National Suicide Prevention Line**

1 (800) 273-TALK (8255)

**The Trevor Project Lifeline**

1 (866) 488-7386

**Crisis Text Line**

Text CONNECT to 741741

**Advocacy Center**

(607) 277-5000

**Tomkins County Mental Health**

(607) 274-6200

**Cayuga Medical Center**

(607) 274-4011

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**OFF CAMPUS CONTACTS**

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<td>Center for LGBT Education, Outreach, &amp; Services</td>
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**ON CAMPUS CONTACTS**

**BASICS, THRIVE**

ITHACA.EDU/SHARE

**Ithaca.EDU/ICARE**

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**OFFICE OF CASE MANAGEMENT**

124 TOWERS CONCOURSE

(607) 274-7731

**OFFICE OF PUBLIC SAFETY (OPS)**

274-3333

**CENTERS**

**Center for Academic Advancement**

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**Center for LGBT Education, Outreach, & Services**

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**Center for Student Conduct and Community Standards**

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Assisting Students in Distress
Recognizing Indicators

Be alert to the following indicators of a student in distress. Look for groupings, frequency, duration, and severity.

### Academic Indicators
- Sudden decline in quality of work and grades
- Repeated absences
- Disorganized/inconsistent performance
- Multiple Requests for extensions
- Overly demanding of faculty/staff time and attention
- Bizarre content or disorganized thinking in writings or presentations
- Behaviors that interfere with classroom (or activity) engagement

### Physical Indicators
- Deterioration in grooming, hygiene, or weight loss/gain
- Excessive fatigue/sleep disturbance
- Intoxication, hangovers, or smelling of substances
- Disclosure of substance use to “cope”
- Disoriented, “out-of-it”, or often forgetful
- Garbled, rambling, tangential, disconnected, or slurred speech
- Bizarre behavior
- Strange ideas/beliefs, delusions, or paranoia
- Isolation, withdrawal from peers

### Psychological Indicators
- Excessive self-disclosure of personal distress
- Unusual disproportional emotional response to events
- Major shift in mood
- Excessive tearfulness, panic reactions, irritability, or unusual apathy
- Verbally abusive (e.g. taunting, badgering, intimidation)
- Expressions of concern about the student by peers
- Antagonistic or impulsive behaviors
- Recent major stressor (e.g. loss of loved one, relationship break up, etc.)

### Safety Risk Indicators
- Unprovoked anger or hostility
- Physical violence (e.g. shoving, grabbing, assault, use of weapon)
- Implying or making a direct threat to harm self or others
- Vague statements about suicide or homicide
- Academic assignments dominated by themes of hopelessness, rage, worthlessness, isolation, despair, acting out, suicidal ideations, violent behaviors
- Stalking or harassing others
- Communicating threats via email, texting, or phone calls
- Appears hopeless or helpless