

RESOURCES FOR FACULTY
AND STAFF TO HELP STUDENTS
IN DISTRESS



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RESOURCES FOR FACULTY AND STAFF TO HELP STUDENTS IN DISTRESS

KNOWING HOW TO RECOGNIZE SIGNS OF DISTRESS, HOW TO RESPOND, AND HOW TO ACCESS RESOURCES WILL EQUIP YOU WITH THE TOOLS TO SUPPORT A STUDENT WHO NEEDS HELP.

RECOGNIZE

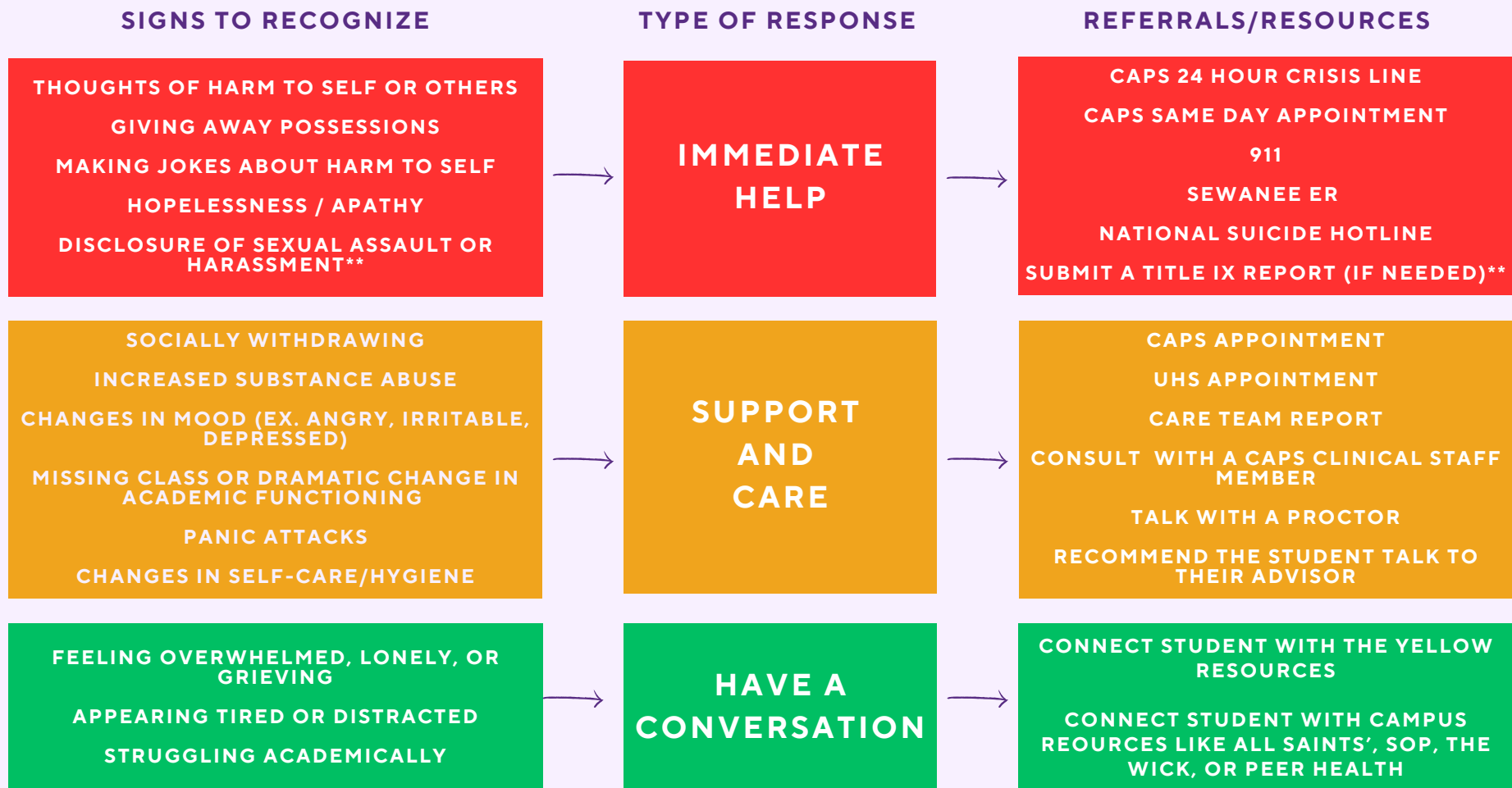
- **BEHAVIORAL**
 - Marked shift in mood
 - Aggressive behavior
 - Withdrawing/lack of social interaction
 - Concentration difficulties
 - Appearing down, depressed, anxious, or sad
 - Restlessness
- **PHYSICAL**
 - Poor grooming/hygiene
 - Noticeable and sudden change in weight (do not make direct comments about this)
 - Smelling of alcohol
- **ACADEMIC**
 - Sudden change in academic performance
 - Lack of participation in class
 - Missed assignments
 - Worrisome or disturbing content in assignments
- **SAFETY**
 - Statements alluding to suicidal, self-injurious, or homicidal thoughts or intentions

RESPOND

- If you notice that a student is exhibiting any concerning behaviors, please speak with them privately about what you've observed.
- Start by sharing what you've noticed and asking an open-ended question such as "I've noticed you've seemed withdrawn in class lately. How are you doing?"
- Practice active listening by maintaining eye contact and assuming neutral and open body language.
- Convey empathy and non-judgment, offering statements such as "That sounds really challenging. I'm so glad you're telling me how you're feeling."

REFER

- If you feel the student's needs are urgent, you can walk them over to CAPS during business hours for a **same-day appointment**. We are located on the ground floor of the Wellness Commons (604 University Avenue).
- If you aren't sure whether this student is in crisis or if you have questions about how to handle the situation, you can contact us to schedule a **confidential consultation** with a CAPS clinical staff member.
- If it is after hours and you feel that the student would benefit from immediate counseling or screening, have the student call the **CAPS 24/7 Crisis Line** (931-598-1700). You can also call on behalf of the student.
- Call **campus police** (931-598-1111) or 911 for a life-threatening emergency.
- Refer a student to the **CARE Team**.*





IMPORTANT CONTACTS

Counseling and Psychological Services (CAPS)
931-598-1325

CAPS 24/7 Crisis Line
931-598-1700

Campus Police
931-598-1111

University Health Services (UHS)
931-598-1270

National Suicide Hotline
988

Southern Tennessee Regional Health System -
Sewanee
(931) 598-5691

Dean of Students
(931) 598-1229

Student Accessibility Services
(931) 598-1178

CARE Team Report
<https://new.sewanee.edu/care-team/>

Title IX
<https://new.sewanee.edu/title-ix/>

Center for Student Success
931-598-1121
<https://new.sewanee.edu/success/>

*WHAT IS THE CARE TEAM?

The CARE Team is made up of case managers and consulting staff members from across campus. It provides case management and ongoing assessment and also connects students to resources. If a student is not in crisis and is unwilling to go to CAPS, a CARE Report should be submitted. You can also submit a CARE Report in addition to referring the student to CAPS. Some examples of when you might submit a CARE report include: excessive class absences, sudden change in behavior, unexpected drop in grades, increase in incomplete assignments, and generally seeming unwell.

**REPORTS OF SEXUAL ASSAULT OR HARASSMENT

Most faculty and staff are mandated Title IX reporters. Title IX is a federal law that prohibits discrimination on the basis of sex in educational programs. Under Title IX, discrimination can include sexual harassment or sexual violence. If you are a mandated Title IX reporter, you must respond promptly by making a report to the Sewanee Title IX office, even if a student does not want a complaint filed. Non-mandated Title IX reporters on campus include chaplains, CAPS therapists, and UHS providers. These individuals can provide students with a safe place to access medical care or process emotions related to sexual assault or violence. For more information about reporting, please refer to the Title IX website.