



# Responding to a Student in Distress

Use the chart below to decide how best to support and guide a student to resources when distressed, disruptive, or in crisis.

## Is the student a danger to themselves, others, or in crisis?

### YES

Behavior is threatening, dangerous or reckless indicating immediate or likely harm to self or others.

**Call 911  
and  
Campus Safety  
(x6911)**

**STAY WITH THE  
STUDENT UNTIL  
HELP ARRIVES**

### NOT SURE

Signs of distress but not sure of severity of behavior. Interaction was uneasy or concerning.

Assist student with connecting to support services. Offer to make a call or walk them over to a service:

- Counseling Center (confidential resource)
- Campus Safety
- 988: Colorado Crisis Line
- (833) 484-6359: virtual mental health support through TimelyCare

### NO

Not concerned about immediate safety. Student could use support and follow up from resources.

Encourage student to connect with resources:

- Counseling Center
- Student Support through Student Life Office
- Wellness Resource Center
- Accessibility Resources

## Resources

<b>Emergency Response</b> (available 24/7)	<b>911</b> <b>988</b> (Colorado Crisis Line)
<b>Campus Safety</b> (available 24/7)	<b>(719) 389-6911</b>
<b>Timely Care</b> (24/7 mental health support)	<b>(833) 484-6359</b>
<b>Counseling Center</b> (confidential)	<b>(719) 389-6093</b>
<b>Student Life Office</b>	<b>(719) 389-6689</b>
<b>Wellness Resource Center</b>	<b>(719) 389-7316</b>
<b>Accessibility Resources</b>	<b>(719) 227-8285</b>

### Additional Confidential Resources

Campus Advocate	(719) 389-8101
Chaplain's Office	(719) 389-6638
Ombuds	<a href="mailto:ombuds@coloradocollege.edu">ombuds@coloradocollege.edu</a>

Complete a CARE report in all cases for continued campus support

← Scan to fill out online CARE report





# Indicators of Distress

Changes in behavior, especially over time, can be a sign of distress or a “cry for help”. Trust your instincts if you begin to feel worried, alarmed, or threatened.

## ACADEMIC

- Multiple requests for extensions or incomplete grades
- Change in quality of work
- Repeated absences
- Written work with disturbing content

## PHYSICAL

- Apparent changes in mental state, ability to concentrate or overall participation
- Behaviors that do not match context or setting
- Repeatedly appearing sick or unwell
- Significant changes in appearance

## INTRA/INTER-PERSONAL

- Expressed feelings of overwhelm, distress, friend/roommate/family problems
- Peers expressing concern
- Acting out of character or drastic changes in interactions
- Signs of self-harm or injury
- Relationship violence, including physical injuries

## Support Resources for Students

### ACADEMIC

- Advising Hub
- Speaking Center
- Quantitative Reasoning Center
- Writing Center
- Tutt Library
- Accessibility Resources

### PHYSICAL

- Student Health Center
- Food Pantry
- Bon App Nutrition
- Campus Recreation (Athletic Trainer)

### INTRA/INTER-PERSONAL

- Residential Experience (ResX)
- Ombuds (confidential)
- WRC, Peer Support
- Butler Center
- Counseling Center (confidential)
- Campus Advocate (confidential)
- Chaplain’s Office (confidential)
- Athletics Peer Support

Scan to learn more about academic & wellness student support



# WHEN IN DOUBT, REACH OUT

If you are worried about someone, trust your instincts and seek help.

## Mandatory Reporting

It is important to note that college employees who are not confidential resources are mandated reporters, meaning any specific information they receive regarding a possible violation of the gender-based discrimination, sexual harassment, and sexual violence policy must be passed along to the Title IX Coordinator. Mandated reporters include faculty, staff, coaches, RAs, and any other college employee.