



# 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)**

**MONITOR THE  
SITUATION 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
- Chaplain's Office

## 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

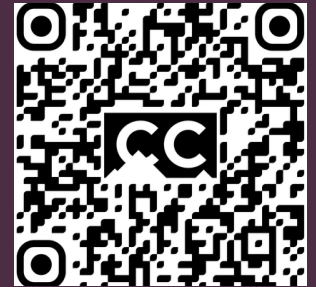
### PHYSICAL

- 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.

This guidance is general in nature. Use your best judgement when responding. If there is a safety concern, do not handle it alone- contact Campus Safety or call 911.