

Student in Distress Flow Chart

SIGNS OF DISTRESS include (but are not limited to):

- Nervousness, agitation, or irritability
- Infrequent class attendance
- Tearfulness
- Changes in academic performance/study behavior
- Changes in personal relationships
- Undue aggressive or abrasive behavior
- Fearfulness
- Dependency (e.g. student who is excessively clingy)

Express concern to student; Point out observations/ask about situation

Are you worried about the student's safety, or do you see possible warning signs? Warning signs include (but are not limited to):

- Withdrawal from others (isolation)
- Significant confusion
- Appears depressed (frequent crying, insomnia, oversleeping, weight loss/gain, loss of pleasure)
- Talks about or threatens suicide
- Behavior is bizarre, alarming, dangerous
- Makes statements such as "I want this all to end" or "I can't go on anymore"
- Makes statements about hurting/killing others
- Marked change in behavior, mood, hygiene
- Appears/reports hopelessness/helplessness
- Engagement in self-harm (e.g. cutting)

YES

NO

1. DIRECTLY ask about concerns/warning signs.
2. DIRECTLY ask about suicide/homicide as it relates to warning signs.

Do you believe there is imminent danger?

YES

IMMINENT DANGER IS CLEARLY PRESENT

- Student tells you that they have ingested pills beyond the recommended dose (whether the student confirms it is a suicide attempt or not).
- Student is threatening immediate danger to self (e.g. threatening to jump out window, ingest pills, shoot self, etc.).
- Student attempts, or threatens, to cause physical harm to someone else (or people in general).

Immediately Call 911

Write Down:

1. Relevant details (who, what, where, when)
 2. Any background info about student's difficulties
 3. Number where you can be reached
- Give copy to emergency responders**

Contact the Director of Housing and Community Standards at 870-230-5076 or the Dean of Students at 870-230-5145 to coordinate follow-up.

UNCLEAR

WHETHER IMMINENT DANGER IS PRESENT

- Student reports a history of self-injurious behavior (e.g. cutting/burning) and now states a desire to engage in this behavior again.
- Student makes statements that are suggestive of suicidal/homicidal thinking that are not overtly indicative of imminent danger (e.g. "I don't know if I can keep going").
- Student appears emotionally distraught and does not respond to attempts to calm down.
- Student experiences a sudden stressful event (e.g. death, breakup, divorce) and seems emotionally unstable/inconsolable, or the student's response appears unusual (e.g. uncontrollable crying over a failed exam, no apparent response to the death of immediate family member, etc.).
- Student's work, assignments and/or communications contain material that raises concerns about suicide, homicide, violence.

Call Counseling Center at 870-230-5102 and ask to speak with counselor.

DO NOT EMAIL personofinterest@hsu.edu
Contact Campus Police if after hours at 870-230-5098.

Provide all info you have about student/situation (this helps provide info over student's mental health).

NO

IMMINENT DANGER IS NOT PRESENT

- You observe a student crying after getting off the phone, and they report they are sad about the end of a romantic relationship; they deny suicidal/homicidal thoughts and show no warning signs.
- Student is struggling due to academic skill deficits and test anxiety; they deny suicidal/homicidal thoughts and show no warning signs.
- Student's best friend recently died, but denies suicidal/homicidal thoughts and show no warning signs.
- Student reports anxiety and depression, but denies suicidal/homicidal thoughts and show no warning signs.

Discuss counseling services/other university resources that can help.

For info over appropriate resources, contact the Counseling Center at 870-230-5528.

Referring to Counseling Center:

1. Provide concerns.
2. Email personofconcern@hsu.edu.
3. Consider calling with student or walking with student to counselor.
4. Continue to follow up with student.

RESOURCES

- 24-Hour Suicide Hotline: 800-203-1234
- Academic Advising: 870-230-5077
- ACaP: 870-230-8127
- Alleviant (telehealth available): 866-951-4325
- Baptist Health (Psychiatry): 501-332-1000
- Campus Police: 870-230-5098
- Center for Career Dev.: 870-230-5442
- Child Care Access Means Parents in Schools: 870-230-5604
- Crisis Hotline: 888-447-3339
- Disability Resource Center: 870-230-5579
- Domestic Violence Hotline: 203-731-5206
- Educational Opp. Center: 870-230-5604
- Financial Aid: 870-230-5148
- Finding Hope Ark. (Malvern): 501-467-4322
- Healthy Connections: 888-710-8220
- Housing/Comm. Standards: 870-230-5076
- Lavi Hospital (Psychiatry): 501-624-1281
- McNair Scholars Program: 870-230-5989
- Ouachita Behavioral Health: 870-246-4123
- Registrar: 870-230-5935
- Rivendell (Psychiatry): 844-903-5640
- Student Health/Wellness: 870-230-5102
- Student Support Services: 870-230-5474

NOTE: If you believe the student's "Imminent Danger" status has changed, return to the "Imminent Danger" steps in the flow chart.

- Suicide and Crisis Lifeline: 988
- Talent Search: 870-230-5605
- The Bridgeway (Little Rock): 888-245-2651
- Title IX/ROC: 870-230-5145
- Trevor Project (LGBTQ): 866-488-7286
- Upward Bound: 870-230-5154
- Vet. Upward Bound: 870-230-5716
- Writing Center: 870-230-5434

hsu.edu/health-wellness