

# Decision Making Guide for Assisting Distressed Students



## NCC Campus Resources

- **Wendy Mendes** Counselor(confidential)  
203-857-6870 **East-322**  
<https://norwalk.edu/counseling-services/>
- **Cathy Miller** Counselor/Title IX Officer **East-104**- 203-857-7033
- **Laura Mirkov** Clery Compliance Officer. 203-857-7313
- **NCC Security** Officers-203-857-7223 East Campus 203-857-7155 West Campus.
- **Dean of Students Office East-216**
- **Student of Concern Form.**  
<https://norwalk.edu/studentofconcern/>

## Off Campus Resources

- **The Rowan Center “sexual Assault”**  
24 hour: (203) 329-2929  
Toll Free 1-888-999-5545  
**Español:** 1-888-568-8332
- **Domestic Violence Crisis Center**  
24 HOUR HOTLINE 203-588-9096  
**Español:** 203-663-6641  
NATIONAL: 1-888-774-2900
- **National Suicide Prevention Lifeline**  
1-800-273-8255 **24/7 support**
- **In Crisis? Free 24/7 support**  
Text HELLO to 741741 and speak anonymously with a Crisis Counselor

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

- Nervousness, agitation, or fearfulness
- Infrequent class attendance
- Tearfulness
- Changes in academic performance/study behavior
- Undue aggressive or abrasive behavior

Express your concerns to the student, pointing out your observations and asking about

### 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)
- Talks about or threatens suicide
- Makes statements such as “I want this all to end” or “I can’t go on anymore”
- Significant confusion
- Behavior is bizarre, alarming, and/or dangerous
- Makes statements about hurting or killing others
- Marked change in behavior, mood, and/or hygiene
- Appears/reports hopelessness or helplessness
- Engagement in self-harm (e.g., cutting)

Yes

NO

1. **DIRECTLY** ask about your Concerns and/or the warning signs.
2. **DIRECTLY** ask about suicide and/or homicide as it relates to the displayed warning sign(s).

## Do You Believe there is Imminent Danger?

YES

**Imminent danger is clearly present**  
**Examples:**

- 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 a window, ingest pills, shoot self, etc.).
- Student attempts, or threatens, to cause physical harm to someone else (or people in general).

**Call 911, then Campus Security 203-857-7223-East 203-857-7155 -West**

UNCLEAR,

**Whether imminent danger is present**  
**Examples:**

- Student reports a history of self-injurious behavior (e.g., cutting or 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 experiences a sudden stressful event (e.g. death, breakup, divorce)  
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, and/or violence.

Report your concern to **BIT** by completing the “Report a [Student of Concern](#)” form. The report form can be found [Resource tab](#) on the NCC’s Main Page or click the link above

NO

**Imminent danger is clearly not present**  
**Examples:**

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

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