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
- Dean of Students Office East-216
- Student of Concern 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)

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).

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.

NO
- Imminent danger is clearly not present
  Examples:
  - You observe a student crying after getting off the phone, they report 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.

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

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).

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

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Examples:
- Injuries, burns, cuts
- Student makes statements indicative of suicidal/homicidal thoughts and/or the warning signs.
- Dangerous physical or emotional behavior (e.g., aggressive, threatening, acting unusually)
- Student engages in self-injurious behavior (e.g., cutting, burning) and now states a desire to engage in this behavior again.