


# RECOGNIZING a Student in Crisis


## Academic Indicators

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- Sudden changes in academic performance
  - Poor attendance
  - Failing grades
  - Repeated requests for accommodations
  - Overreactions to grades or other feedback


## Behavioral Indicators

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- Trouble completing and keeping up with daily tasks
  - Isolating from peers, friends and family
  - Noticeable and sudden changes in mood
  - Increase in irritability and frustration
  - Bizarre or disruptive behaviors

## Physical Indicators

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- Disheveled appearance
  - Lack of energy or often dozing off in class
  - Noticeable decline in personal hygiene
  - Disorganized speech and confusion
  - Frequently getting sick

**What A Crisis  
Looks Like**

# RESPONDING

## to a Student in Distress

1. Ensure your immediate safety

2. Is the student at risk of harming themselves or someone else?

### YES

Do not leave them alone.  
Contact University Police at  
702-895-3669  
or call 911.

### NO

Chat with them and see how  
you might be able to help them  
get the support they need.

## Additional tips

- Remember, you are not their therapist, you are offering a safe space to listen and refer them to professionals if needed.
- Focus on actively listening to what the student is saying
- Give them space & avoid touching them without permission
- Use a calming tone of voice
- Pay attention to your facial expressions & body language
- Clearly express your concern and desire to support them