Responding to Suicidal Concerns

Call Campus Police at 817-272-3003
Find someone to stay with the student if possible
Stay calm

Responses to Level 3 Behavior

Follow-up with the student on this action
Make sure the student understands what action is necessary and what plans to make
Make apprehension of the student if necessary
Ask if the student is considering suicide
Respect the student’s suicide system
Support the student’s point of view
Clearly explain options available to the student
Discuss options available to the counselor
Listen to the student and report the facts of what the student is saying
Express your concern in non-threatening terms
Ask the student in private when you both have time

Tips for Recognizing Troubled Students

When and how to make effective referrals for additional help:

Refer to the person at risk of harming others

- Suspiciousness, frequent helplessness of person
- Loss of appetite
- Emotional symptoms of depression, depression
- Marked disinterest in favorite activities
- Frequently absent
- Withdrawn
- Highly disinterested

Level 2

- Sleep disturbance
- Lapse of conduction or thinking things that are not there, beliefs or acting
- Memory or concentration loss
- Difficulty of communication clearly
- Crying or anger
- High levels of irritability or inappropriate excitement
- Persistent address of unexpected contact
- Unusual or excessive emotional responses
- New or regular occurrence of behavior which is out of line and may interfere

Level 1

- Problems encountered or frequent thinking or making decisions
- Changes in physical appearance
- Change in focus of attention
- Significant drop in academic success
- Changes in academic performance in the classroom

Problems are more than the "normal" ones

An ounce of prevention is worth a pound of cure. However, there are three levels of student distress which, when pressure over a period of time, suggest that the
If you have concerns about a student and are not sure where to refer the student, you can consult with members of the Behavioral Intervention Team (BIT). Reaching the best course of action:

- Consultation with faculty and staff regarding concerns for students with disabilities
- Advisory and consultation for disability-related issues
- Faculty liaison for accommodations for students with documented physical, psychological, or medical disabilities
- Consultation of disability for students with documented physical, psychological, or medical disabilities

BIT, 817-272-3254
817-272-0337
817-272-1009
www.utael.edu/bit

Office of Student Conduct
817-272-2354

- General education and referral information on substance abuse issues

Health Services - 605 South West Street
817-272-2211

- Consultation to faculty and staff regarding student concerns
- Advisory and consultation for disability-related issues
- Faculty liaison for accommodations for students with documented physical, psychological, or medical disabilities

Office for Health Education, Substance Abuse, & Prevention
817-272-2211

- Consultation to faculty and staff regarding student concerns
- Advisory and consultation for disability-related issues
- Faculty liaison for accommodations for students with documented physical, psychological, or medical disabilities

www.utael.edu/health

Mental Health Services at Health Services
605 South West Street
817-272-2211

www.utael.edu/mental

Consulting Services
817-272-3671

Campus Police Department
817-272-3003

www.utael.edu/police

Campus Resources for Referral:
- Assistance from another source.
- Let the student know that you care and think (s)he should get help.
- Refer the student to appropriate college and/or university places.
- Be frank with the student about the limits of your time, expertise.

How to Make a Referral:

- Try to help the student know what to expect if (s)he follows through.
- Assert that many students seek help over the course of their college career.

 Available Monday - Friday 8:00 am to 5:00 pm
Available 24 hours, 7 days a week

Campus Hall
102 University Hall
817-272-3364 or TTY 1-800-RELAYTEX

Consulting Services
216 Days Hall
817-272-3671

www.utael.edu/consulting

Level 3 referrals warrant contacting the Campus Police for intervention.

www.utael.edu/police

www.utael.edu/mental