



HOW TO ASSIST A STUDENT IN DISTRESS



ARE THEY IN IMMEDIATE DANGER?

YES

For example: They express thoughts of suicide or life-threatening behavior

UNSURE

For example: You notice changes in mood, appearance, performance, etc.

STUDENT ON CAMPUS?

YES

Stay with them and connect them to resources immediately. Walk to Counseling Center or call UPD at 985-549-2222.

NO

Stay with them and connect them to available resources such as 911 or get a loved one to escort them to the nearest ER.

REACH OUT

Listen in a non-judgmental way and let them know you are there when needed. Offer campus resources if applicable.

SUBMIT A LINK

Refer student to OSAA for additional resources by submitting a LINK report at southeastern.edu/link

FOLLOW UP

OSAA will follow up with you and make you aware of the student's outreach status. You too should follow up with the student to determine if further assistance is needed.

National Suicide Prevention Lifeline
1-800-273-8255