HOW TO ASSIST A STUDENT IN DISTRESS

ARE THEY IN IMMEDIATE DANGER?

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

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.

National Suicide Prevention Lifeline
1-800-273-8255

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

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.