



HOW TO ASSIST A STUDENT IN DISTRESS



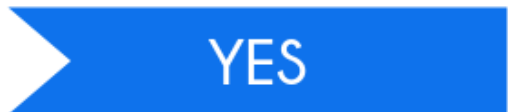
ARE THEY IN IMMEDIATE DANGER?



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



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



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



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



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



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



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.