

The

CARE Team

CAMPUS ASSESSMENT, RESPONSE & EVALUATION

..... GUIDE TO
IDENTIFYING & WORKING WITH

DISTRESSED STUDENTS

A Distressed Student

- Expresses stressful/traumatic events have occurred in their lives
- Displays decreased quality of work and/or disturbing content in written work
- Falls asleep in class, has deteriorating personal hygiene, has increased absences
- Demonstrates unhealthy coping behaviors

ACTION: Talk directly with the student (if you feel comfortable) and inform them about available resources. Encourage student to make an appointment for counseling, and call Hamel Health for a consult if you feel it would be helpful. Submit a CARE Report: www.merrimack.edu/care-report

A Disruptive or Disturbing Student

- Displays irritable or bizarre behavior
- Disrupts class
- Has emotional or anger outbursts
- Has incongruent emotional responses

ACTION: Safety may not be an immediate concern. The student may require conduct sanctions. Contact the Dean of Students office and submit a CARE Report: www.merrimack.edu/care-report. Call the Counseling Center for a consult as needed and/or walk the student over to the Counseling Center.

An Unsafe Student

- Expresses active suicidal intent
- Demonstrates intimidating behaviors
- Makes threats to others
- Carries weapons

ACTION: Safety is a concern. Contact MCPD to assess and assist.

How to Handle Suicidal Ideation

When dealing with an actively suicidal student, try to find out:

- Is there a suicide plan? If so, what is the plan?
- Have they attempted suicide before?
- Who else knows their level of distress?

ACTION: Safety is a concern. Contact MCPD to assess and the Counseling Center.



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Campus Resources

- **Counseling Center:** (978) 837-5444
- **Merrimack College Police Department:** (978) 837-5555
- **Dean of Students Office:** (978) 837-5175