

Guide to 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
- Falling asleep in class, deterioration of personal hygiene, increase 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 for a consult if any doubts about safety – suicidal thoughts do not always constitute an emergency. Submit a CARE report.

A Disruptive or Disturbing Student

- Displays irritable or bizarre behavior
- Has emotional or anger outbursts
- Disrupts class
- 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. Call Hamel for a consult as needed and/or walk the student over to Hamel.

An Unsafe Student

- Expresses active suicidal intent
- Makes threats to others
- Demonstrates intimidating behaviors
- 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?
- Have family or close friends attempted suicide?

→ **ACTION:** Safety is a concern. Call MCPD and Hamel Health and Counseling.

Campus Resources

Hamel Health & Counseling Center – 978.837.5441

Merrimack College Police Department – 978.837.5555

Grace J. Palmisano Center for Campus Ministry – 978.837.5450

Student Affairs Office – 978.837.5175