

ASSISTING PEOPLE IN DISTRESS

The purpose of this is to help you recognize symptoms of distress & identify appropriate referrals to campus resources.

Your awareness and action can play a critical role in supporting community success & safety.

SEE SOMETHING

The challenges of Citadel life can sometimes lead to feelings of isolation, anxiety, or hopelessness. These issues may significantly impact a person's overall well-being and academic performance. Given our ongoing interaction with one another, you may be the first to *see* signs of concern.

SAY SOMETHING

If a person is acting out, disengaged, or showing signs of avoidance, they may be facing challenges elsewhere (e.g., with roommates, family, work, friends, self). If their behavior or comments seem concerning or unsettling, trust your instincts and *say* something.

DO SOMETHING

Sometimes, people are reluctant to ask for help. This is where you should *do* something. Your expression of concern may be an important factor in getting someone the appropriate help and resources.

ACADEMIC INDICATORS

- Sudden decline in quality of work and grades
- Bizarre content in writings or presentations
- Trouble concentrating
- Missing tests and/or late assignments
- Dominating or avoiding discussion in class
- Multiple requests for extensions
- Frequent tardiness or repeated absences
- Falling asleep in class/nodding off

PHYSICAL INDICATORS

- Change in motor activity or speech
- Excessive or too little sleep
- Disoriented or "out of it"
- Using alcohol and/or drugs more often
- Poor personal hygiene
- Change in appearance
- Noticable weight loss/gain
- Frequent GI complaints
- Constant headaches

SAFETY RISK INDICATORS

- Suicidal thoughts/statements
- Homicidal thoughts/statements
- Unprovoked anger or hostility
- Irritability or unusual apathy
- Preoccupation with death or violent acts
- Implying/making a direct threat to harm others
- Implying/making direct threat to harm self
- Stalking or harassing
- Taking dangerous risks

OTHER INDICATORS

- Self-disclosure of personal distress (e.g., family or financial problems, grief, suicidal thoughts)
- Concern from peers
- Hopelessness/helplessness
- Persistent unusual thoughts
- Disorganized performance
- Marked change in mood
- Withdrawal from friends/family
- Behavior is out of context or bizarre

FERPA • THE FAMILY EDUCATIONAL RIGHTS & PRIVACY ACT

FERPA permits communication about a student of concern in connection with a health & safety emergency. Observations of a student's conduct or statements made by a student are not FERPA protected. Such information should be shared with appropriate consideration for student privacy.

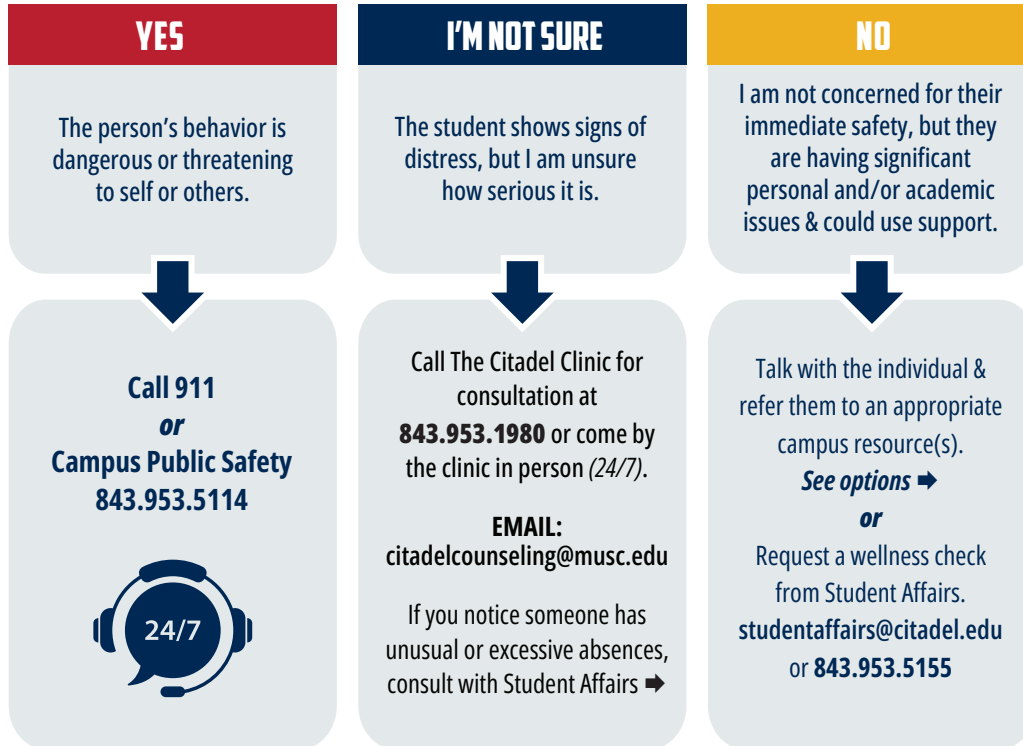
★ **UNLESS UNDER THE AGE OF 21 INVOLVING SUBSTANCE USE** ★

TURN OVER FOR
MORE INFORMATION

RESPONSE PROTOCOL

Is the person a danger to self, or others, or does the person need immediate assistance for any reason?

Follow the chart to identify whom to contact when concerned about someone.



24/7

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HOTLINES

SUICIDE & CRISIS LIFELINE:
CALL OR TEXT 988 | CHAT: 988lifeline.org

VETERANS CRISIS LINE:
CALL 988 & PRESS 1 | TEXT: 838255

ON CAMPUS RESOURCES

Counseling Center	843.953.5447
Campus Advocacy, Response, & Education (C.A.R.E.)	843.953.7277
Director of C.A.R.E. [24/7]	843.732.6770
Chaplain Line [24/7]	843.953.4673
Public Safety [24/7]	843.953.5114
Clinic	843.953.5447
Title IX Office	843.953.6881
Title IX Coordinator [CELL]	724.433.0462
Campus Assessment Team (CAT)	843.953.5155
Campus Alcohol & Drug Info Center (CADIC)	843.953.0510
Ombudsperson Team:	
• Dr. Lee Westberry [CELL]	843.478.8175
• Colonel John A. Robinson, Jr. [CELL]	713.557.7584
• Shamus Gillen [CELL]	843.743.9487

OFF CAMPUS RESOURCES

Trident United Way (community resource hub)	843.744.4357
Tri County Speaks (sexual assault advocacy)	843.745.0144
Dee Norton Lowcountry Children's Center (child abuse services)	843.723.3600
People Against Rape (PAR) Hotline	800.241.7273
Charleston Sheriff's Office Non-Emergency	843.743.7200
CHS County Mental Health Assessment	843.414.2350
National Domestic Violence Hotline	800.799.7233
My Sister's House CHS (domestic violence support)	800.273.4673