

A Community Guide to Bronco Well-Being



Immediate Concern for Student's Safety

Call Campus Safety at 408-554-4444 or 911



Significant Mental Health Impacts

If in an active crisis, call Cowell at 408-554-4501. Otherwise, share CAPS 24/7 resource and make a SOC referral.



Life Event Disrupting Academics

If your concern is solely academic, contact the Drahmman Center. Make a SOC referral for additional concerns.



Unsure Where to Start

A distressed student is a Student of Concern. Complete a SOC referral at scu.edu/osl/report

Assisting a *Distressed* Student

As an educator you may be the first person who observes a student's distress. Do not hesitate to show concern and compassion- reach out to the student.

1. **Meet** individually and in a quiet place, where you can express your concern (if you feel safe doing so).
2. **Listen** attentively to the student's response.
3. **Refer** the student to the appropriate resource: provide information, offer to walk the student to the office or to call and schedule an appointment, etc.

If deemed appropriate, discuss making a referral to the Office of Student life and complete the Student of Concern Form: scu.edu/osl/report

If a student leaves you worried, alarmed, or threatened, trust your instincts- call for assistance.

ESSENTIAL CONTACT INFORMATION

Office of Student Life

Benson 205, 408-554-4583

Campus Safety Services

EMERGENCY 408-554-4444 or 911

Main Parking Structure, 408-554-4441

CAPS and SHS

Cowell Center, 408-554-4501

CAPS 24/7

408-554-5220

Drahmann Center

Kenna Hall 101, 408-554-4318

Suicide and Crisis Lifeline

Call or Text 988 or chat 988lifeline.org

The Family Educational and Privacy Act (FERPA) permits communication about a student of concern in connection with a health and safety emergency. Observations about a student's conduct or reports of statements made by a student are not prohibited by FERPA regulations.

Distressed vs Disruptive Behavior

DISTRESSED

May present as extreme anxiety, sorrow, or pain, as a result of a personal or academic struggle.

- decline in academic performance or behavior
- change in usual behavior
- depressed mood
- change in personal hygiene

During these times, you may be able to serve as a helpful resource by asking questions, listening, and connecting student's on campus resources.

DISRUPTIVE

Interferes with the safety of our community in and out of the classroom.

- yelling or screaming
- threats of violence
- intentional intimidation

Disruptive behavior cannot be ignored. In these situations, remain calm, acknowledge the individuals feelings, and focus on what you can do to resolve the situation.

REACTIVE

PROACTIVE

A Holistic Approach to Mental Health

Cura Personalis

1

PRACTICE SELF CARE

Students practicing self care will have a regulated work/life balance and engage in regular physical and social activities.

2

BUILD YOUR COMMUNITY

Encourage students to get connected on campus; Join a University sponsored organization, participate in intramural sports, clubs, or recreation, spend time in identity spaces like the Rainbow Resource Center and the Office for Multicultural Learning.

3

DEVELOP YOUR SKILLS

Students may vocalize stressors, and may also share their plans to handle their stress. They may benefit from check-ins and knowing they have support if needed.

4

TALK ABOUT CONCERNS

Checking in with students on who their support people are if regular behaviors are present, but students may be disorganized or often late. Academic advising or tutoring may be beneficial.

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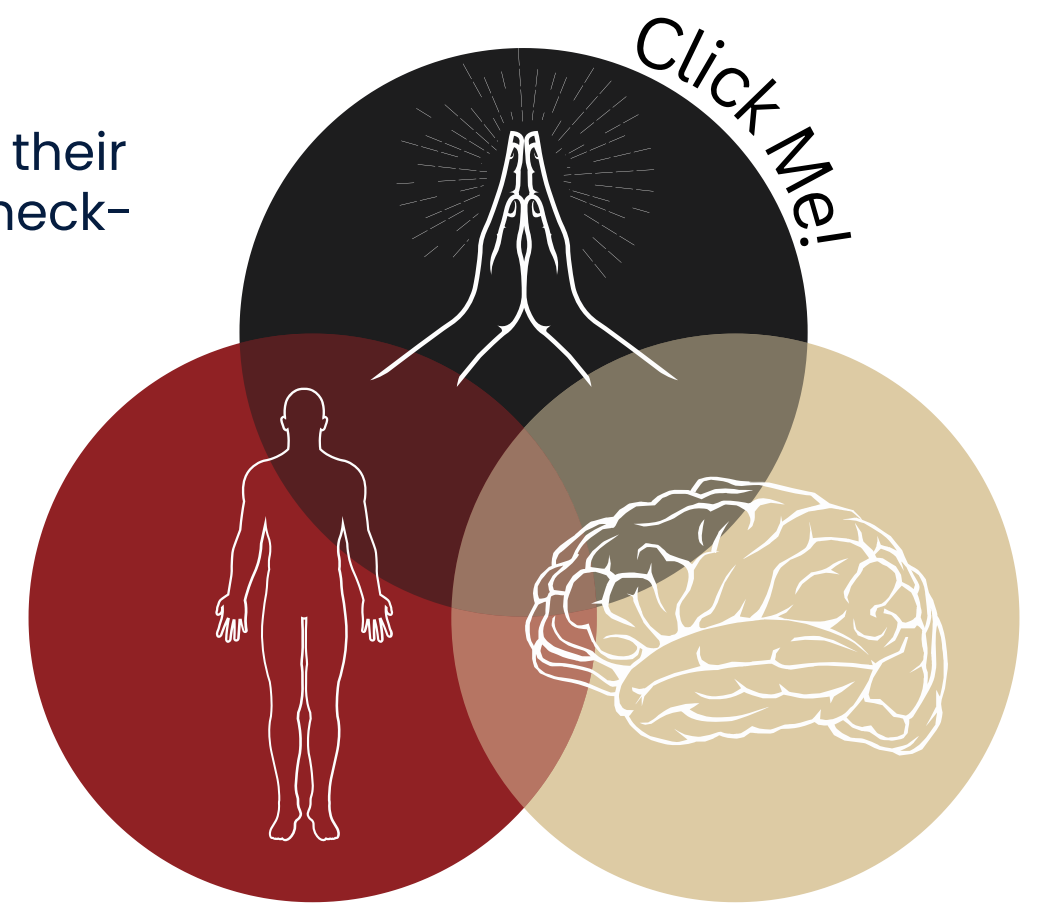
UTILIZE CAMPUS RESOURCES

Students may give emotional responses as they process feedback during discussions or experience life stressors; CAPS, Campus Ministry, OAE, OML, or OSL may be helpful resources.

6

SEEK IMMEDIATE HELP

Get immediate help for students who exhibit erratic behavior or disruption of normal activities, or for students who talk of imminent suicide.



AUTONOMY

INTERVENTION