

WHAT TO LOOK FOR



ACADEMIC SIGNS OF DISTRESS

- ⊙ Bad or worsening grades
- ⊙ Frequent lateness or absenteeism
- ⊙ Change in level of participation or overall lack of participation
- ⊙ Falling asleep in class
- ⊙ Missed, late, or incomplete work



BEHAVIORAL SIGNS OF DISTRESS

- ⊙ Abrupt changes in mood
- ⊙ Comments on feeling worthless
- ⊙ Lack of social interaction
- ⊙ Difficulty concentrating
- ⊙ Restlessness, agitation, aggression or tearfulness
- ⊙ Posting or writing about personal issues



PHYSICAL SIGNS OF DISTRESS

- ⊙ Significant weight gain or loss
- ⊙ Lack of energy
- ⊙ Absence of facial expression
- ⊙ Change in appearance or hygiene
- ⊙ Intoxicated or high
- ⊙ Disrupted sleep, too much/little

HOW TO RESPOND

- 1 STAY CALM.** Try not to take it personally. Your student's reactions and feelings are about them not you.
- 2 BE SUPPORTIVE.** Bring up what you notice. When you notice signs of distress, do something! Phone/video calls are more personal, but sending emails for non-crisis situations is okay, too.
- 3 NOTIFY THE UMKC CARE TEAM AND COUNSELING SERVICES** if a student is in danger of dismissal.
- 4 REMEMBER THE POSITIVES** when discussing difficult topics with students. Let them know what they are doing well and strengths they have, in addition to your concerns.
- 5 TALK ABOUT WHAT IS OBSERVABLE BEHAVIOR USING "I" STATEMENTS.** Labeling behavior is stigmatizing and not helpful. "You are acting strange!" will trigger defensiveness. Instead, try: "I've noticed that you've been submitting your assignments late. It seems you're having difficulty with weekly material."
- 6 BE THEIR TEACHER AND MENTOR, NOT THEIR FRIEND OR COUNSELOR.** Stay focused on behaviors relevant to academic performance and don't offer yourself for support. Ask them if they have friends or family they can talk to, or if they have considered talking to a counselor. Don't diagnose problems, leave that to the professionals: refer them to Counseling Services.
- 7 PROVIDE SUPPORT AND CONCERN, LISTEN WITHOUT JUDGMENT.** Don't argue with a student. Stay focused on their feelings and experience, rather than refusal to seek help.
- 8 PROVIDE A REFERRAL OR LET THEM KNOW ABOUT SERVICES.** Students can use the Sanvello app for free, which is full of skills, meditation, and other resources. A mental health issue is a disability; refer students to Counseling Services or Disability Services if they are exhibiting signs of distress. Many students go there and most services are free! Students do not have to be in the KC area to use Disability Services.

- ⊙ **If you see or hear something concerning**, be direct, ask "Have you had thoughts of hurting or killing yourself/someone else?" If they mention self-harm, suicide, or hurting someone, take it seriously! Even if they're joking, it still could be a cry for help. If a student posts about their mental health issues, remove those posts and let the student know why.
- ⊙ **If you think they are a threat to themselves or someone else**, call Campus Police (816-235-1515) or 911. Don't leave them alone but don't try to keep them against their will.
- ⊙ **Consult with a supervisor or Counseling Services if needed.** After the crisis, only share information with those who need to help the student. Check back in-don't avoid the student or ignore what happened.

Practice what you teach! *Sanvello app is free with UMKC email*
FREE in-person or phone counseling Available through EAP
Employee Assistance Program UMKC Human Resources
Behavioral Health Benefits Available through United Health Care
RoosForMentalHealth Proactive self-care strategies
Mental Health Resources Available through University Libraries

📄 sanvello.com
📞 816-931-3073
📧 info.umkc.edu/hr/eap-services-2
🌐 liveandworkwell.com
📧 info.umkc.edu/roosformentalhealth
🌐 libguides.library.umkc.edu/mental-health

MANAGING CRISIS

TAKE CARE OF YOU!

Contact the HR office at umkchr@umkc.edu for information, resources, and supports available to you such as FMLA, SPEER Emergency Relief Fund and more! Scan the QR code for a digital version of the **Step-by-Step Support Guide:**



RISE

Resources, Intervention, Support
& Education

📧 info.umkc.edu/rise

☎ 816-235-1652

📍 Haag Hall, Room 108

COUNSELING SERVICES

Mental Health & Wellness
for Students

📧 info.umkc.edu/counseling-services

☎ 816-235-1635

📍 5110 Oak Street, Suite 201

STUDENT HEALTH & WELLNESS

Physical Health & Wellness
for Students

📧 info.umkc.edu/studenthealth

☎ 816-235-6133

📍 5110 Oak (Brookside 51 Bldg) Suite 237

Title IX *Discrimination & Sexual Harassment*

LGBTQIA Programs & Services

Multicultural Student Affairs

Student Disability Services

Women's Center

Uline *Mental Health/Wellness*

Veteran's Services

WellConnect *School of Medicine*

☎ 816-235-1771

📧 info.umkc.edu/title9

☎ 816-235-1639

📧 info.umkc.edu/get-involved/lgbtqia-programs

☎ 816-235-1109

📧 info.umkc.edu/multiculturalstudentaffairs

☎ 816-235-5612

📧 info.umkc.edu/disability-services

☎ 816-235-1638

📧 info.umkc.edu/womenc

☎ 816-235-1635

📧 ulifeline.org/umkc

☎ 816-235-1121

📧 info.umkc.edu/saem/veteran-and-military-resources

☎ 816-235-1323

📧 wellconnectbysrs.com

**FOR IMMEDIATE
SAFETY CONCERNS**



Call 911



Call UMKC Police
816-235-1515



RAVEGuardian

Download the Rave Guardian
Safety App to Connect with
UMKC Police in 3 clicks



**MENTAL HEALTH GUIDE
FOR SUPPORTING
STUDENTS**

Staff & Faculty Version



Provided by

