Recognizing a Student in Crisis

Academic Indicators
- Sudden changes in academic performance
- Poor attendance
- Failing grades
- Repeated requests for accommodations
- Overreactions to grades or other feedback

Behavioral Indicators
- Trouble completing and keeping up with daily tasks
- Isolating from peers, friends and family
- Noticeable and sudden changes in mood
- Increase in irritability and frustration
- Bizarre or disruptive behaviors

Physical Indicators
- Disheveled appearance
- Lack of energy or often dozing off in class
- Noticeable decline in personal hygiene
- Disorganized speech and confusion
- Frequently getting sick

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RESPONDING to a Student in Distress

1. Ensure your immediate safety
2. Is the student at risk of harming themselves or someone else?

YES
Do not leave them alone. Contact University Police at 702-895-3669 or call 911.

NO
Chat with them and see how you might be able to help them get the support they need.

Additional tips

- Remember, you are not their therapist, you are offering a safe space to listen and refer them to professionals if needed.
- Focus on actively listening to what the student is saying
- Give them space & avoid touching them without permission
- Use a calming tone of voice
- Pay attention to your facial expressions & body language
- Clearly express your concern and desire to support them

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