



if you See Something | Say Something | Do Something

See Something?

Faculty, Staff, and Student workers are in a unique position to demonstrate compassion for students in distress. People may feel isolated, alone, and even hopeless when faced with academic and life challenges. These feelings can easily disrupt academic performance and may lead to dysfunctional coping and other serious consequences. You may be the first person to see something distressing in a student since you have frequent and prolonged contact with them.

Say Something.

Those exhibiting troubling behaviors in your presence are likely having difficulties in various settings including the classroom, with roommates, with family, and in other social settings. Trust your instincts to say something if someone leaves you feeling worried, alarmed, or threatened.

Do Something!

Sometimes those around us cannot, or will not, turn to family or friends. Do something! Your expression of concern may be a critical factor in saving their academic or professional career, and possibly their life. The purpose of this brochure is to help you recognize symptoms of student distress and identify appropriate referrals to campus resources.

The Family Education Rights and Privacy Act (FERPA) permits communication about a student of concern in connection with health and safety emergencies. Observation of a students' conduct or statements made by a student are not FERPA protected.

See Something?

Indicators of Distress

Be aware of the following distress indicators.
Look for groupings, frequency, duration, and severity,
not just isolated symptoms.

Academic Indicators

- Sudden decline in quality of work
- Repeated absences
- Disorganized performance
- Multiple requests for extensions
- Overly demanding of faculty and staff time and attention
- Bizarre content in writing or presentations

Psychological Indicators

- Self-disclosure of personal distress: family problems, financial difficulties, contemplating suicide, grief
- Unusual/disproportional emotional response to events
- Excessive tearfulness, panic reactions
- Irritability or unusual apathy
- Verbal abuse (e.g. taunting, badgering, intimidation)
- Expression of concern about the person by peers

Physical Indicators

- Marked changes in appearance: grooming, hygiene, weight loss/gain
- Excessive fatigue/sleep disturbance
- Intoxication, hangovers, or smell of alcohol
- Disorientation or “out of it”
- Garbled, tangential, disconnected, or slurred speech
- Behavior is out of context or bizarre
- Delusions and paranoia

Safety Risk Indicators

- Unprovoked anger/hostility
- Physical violence (shoving, grabbing, assault, use of weapon)
- Implying or making a direct threat to harm self or others
- Assignments dominated by themes of extreme hopelessness, rage, worthlessness, isolation, despair, acting out, suicidal ideations, or violent behaviors
- Stalking or harassing
- Communicating threats via email, correspondence, texting, or phone calls

Say Something.

Response Protocol

Follow the chart to determine who to contact when faced with a distressed or distressing student.

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

Yes

The student's conduct is clearly and imminently reckless, disorderly, dangerous, or threatening and is suggestive of harm to self or others in the community.

**CALL
CAMPUS POLICE
706-295-6347**

**Law Enforcement
911**

*I'm Not
Sure*

The student shows signs of distress, but you are not sure how serious it is. The interaction has left you feeling uneasy or concerned about the student.

Contact
Student Support Services
for Consultation:

Cartersville
678-872-8012

Douglasville/Marietta
678-872-8504

Floyd/Heritage Hall/
Paulding
706-368-7707
or
sss@highlands

No

You are not concerned for the student's immediate safety, but they are having a significant academic or personal issue. You or they could use some support or additional resources.

Refer to:

The resources on the back

or

Thrive @ **GHC**
GEORGIA HIGHLANDS COLLEGE

Thrive.highlands.edu

24/7 Support Line:
833-855-0082

Report the concern to the Campus, Assessment, Response, Evaluation (CARE) Team by completing a CARE Ticket

www.highlands.edu/care

Do Something!

Resources & Tips



Use the following tips to refer students to one of these resources:

Be proactive

Engage early on, pay attention to signs of distress, and set limits on disruptive behavior.

Be direct: Don't be afraid to ask students directly and ask if they are feeling confused are under the influence of drugs or alcohol, or are having thoughts of harming themselves or others.

Georgia Highlands Resources

Campus Safety

Cartersville
678-872-8300
Douglasville
678-872-4226
Floyd
706-295-6347
Heritage Hall
706-802-5004
Marietta/KSU
470-578-6206
Paulding
678-946-1102

Counseling Services

Cartersville
678-872-8012
Douglasville/Marietta
678-872-8504
Floyd/Heritage Hall/Paulding
706-368-7707

Disability Support Services:

Cartersville/Paulding
678-872-8004
Douglasville/Marietta/Floyd
706-368-7536

Student Life

Cartersville
678-872-8006
Douglasville/Paulding
678-872-4223
Floyd
706-295-6363
Marietta
678-872-8510

Listen sensitively and carefully

Use a non-confrontational approach and a calm voice. Avoid threatening, humiliating, and/or intimidating responses. **Safety first:** The welfare of the campus community is the top priority when a student displays threatening or potentially violent behavior. Do not hesitate to call for help.

Community Resources

Cartersville

Willowbrooke Cartersville
770-812-3610
Highland Rivers
770-387-3538
Cartersville Medical Center
770-382-1530
Sexual Assault Center of NW Georgia
678-721-9348

Douglasville

Sheltered Cove Counseling Center
770-949-1595
West Georgia Psychological Services
678-977-8300
WellStar Douglas Hospital
770-949-1500

Floyd/Heritage Hall

Willowbrooke at Floyd
706-509-3500
Sexual Assault Center of NW Georgia
706-292-9024

Paulding

WellStar Medical Group Anderson
Highland Rivers
678-567-0920
WellStar Paulding Hospital
470-644-7000

Marietta

Espyr
770-951-9970
liveSAFE
770-427-3390
WellStar Kennestone Hospital
770-793-5000

Follow through

Direct the student to the physical location of the identified resource.

Consultation and documentation:

Always document your interactions with distressed students and consult with your department chair or supervisor after any incident.

National Resources

Georgia Crisis & Access Line
1-800-715-4225
GA Crisis Text Line Text GA to
741741
National Sexual Assault Hotline
1-800-656-4673
National Suicide Prevention
1-800-273-8255
American Foundation for Suicide Prevention
1-888-333-2377
National Domestic Violence Hotline
1-800-799-7233
SAMHSA Treatment Locator
1-800-662-4357
Anxiety and Depression Association of America
240-485-1001
Children and Adults with ADHD
1-800-233-4050
Depression and Bipolar Support Alliance
1-800-826-3632
International OCD Foundation
617-973-5801
Schizophrenia and Related Disorders Alliance
240-423-9432
Sidran Institute (PTSD & Trauma)
410-825-8888
Treatment and Research Advancements for BPD
1-888-482-7227