

How to Help

Signs of Distress	Behaviors	Emotions	Thoughts	Physical
	<ul style="list-style-type: none">• Self-harm• Change in personal hygiene• Social withdraw• Impulsive behavior (risk-taking, dangerous)• Substance use• Bizarre behavior• Poor academic performance/preparation• References to suicide or homicide in verbal statements or writing• Excessive absence/tardiness• Disruptive classroom behavior	<ul style="list-style-type: none">• Intense emotion• Tearful• Irritability/agitation• Feeling out of control• Sad/depressed• Extreme worry/fear• Low self-esteem	<ul style="list-style-type: none">• Suicidal thoughts• Poor concentration/memory• Obsessive thinking• Hopeless• Negative self-talk• Impaired decision making• Hallucinations/delusions	<ul style="list-style-type: none">• Dramatic weight loss/gain• Sleep problems• Change in appetite• Headaches

How to Respond

Act	<ul style="list-style-type: none">• If possible, speak to the student in private to minimize embarrassment.• Listen carefully and respond to content and emotion.• Be honest and direct about your observations and perceptions.• Maintain professional boundaries, be clear about the limits on your ability to help the student.• Help the student identify options for action.• Do not promise to keep threats to self or others secret.
Care	<ul style="list-style-type: none">• Use “I” statements focused on your observations. <i>“I notice you missed class, I’m concerned”.</i>• Actively listen by using reflective statements, paraphrasing, and prompts. <i>“It sounds like you’re going through a really hard time.” “I can’t imagine how hard that must be.”</i>• Avoid judgmental and criticizing statements.• Instill hope, show sincerity and empathy.• Follow-up with the student to ensure appropriate action was taken.
Tell	<ul style="list-style-type: none">• Encourage the student to call Counseling Services (808) 675-3518 to make an appointment.• If you are concerned about a student and would like to consult with a counselor please call (808) 675-3518. Counseling Services is open Monday thru Friday from 8am-5pm.• If there is an imminent danger to self/others or immediate attention is needed, call BYU-H Public Safety (808) 675-3911 or 911 immediately.• For concerns regarding harm to self or others, you may also submit a report to the BYU-H Behavioral Intervention Team (BIT). This reporting system is NOT a 911 or Emergency Service! Do not use this site to report events presenting an immediate threat to life or property. Submit report here