

Assisting Students in Distress

See, Say, Do Something.

See Something

FDU faculty and staff are in a unique position to demonstrate compassion for FDU students in distress.

Both undergraduate and graduate students may feel *alone*, *isolated*, and even *hopeless* when faced with academic and life challenges. These feelings can easily disrupt academic performance and may lead to 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.

Do Something

Sometimes students cannot or will not turn to family and friends. Doing something, like expressing concern and/or informing a student of services available to them, may be a critical factor in getting them to seek help.

Say Something

Students exhibiting troubling behaviors in your presence are likely having difficulties in various settings including the classroom, with roommates, with family, and even in social settings.

Trust your instincts and SAY SOMETHING if a student leaves you feeling worried, alarmed, or threatened!

The Family Educational Rights and Privacy Act (FERPA)

The Family Educational Rights and Privacy Act (FERPA) permits communication about a student of concern in connection with a health and safety issues to an appropriate campus resource, see the next page.



**FAIRLEIGH
DICKINSON
UNIVERSITY**

INDICATORS OF DISTRESS

Look for clusters, frequency, duration, and severity – not just isolated symptoms

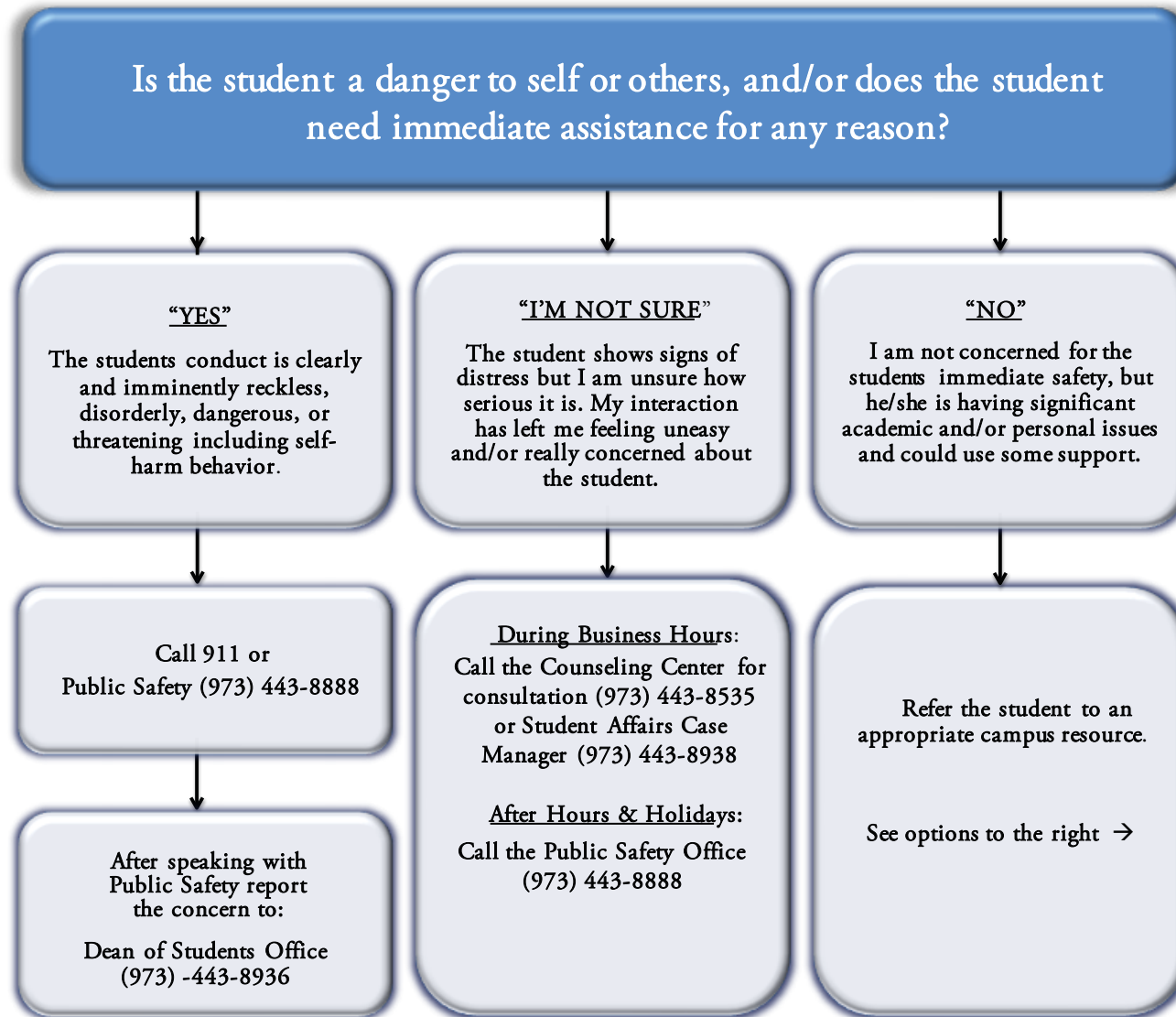
Academic Indicators	Physical Indicators	Safety Risk Indicators	Psychological Indicators
<ul style="list-style-type: none"> ✓ Sudden decline in quality of work and grades ✓ Repeated absences ✓ Disorganized performance ✓ Multiple requests for extensions ✓ Conduct that interferes with classroom or activity engagement ✓ Bizarre content in writing/presentation ✓ You find yourself doing more personal rather than academic counselling during office hours 	<ul style="list-style-type: none"> ✓ Marked changes in physical appearance ✓ Excessive fatigue, listlessness ✓ Sleep disturbance ✓ Intoxication, hang over, smelling of alcohol ✓ Disoriented or “out of it” ✓ Garbled, rambling, tangential, disconnected, or slurred speech ✓ Behavior out of context or bizarre ✓ Loss of contact with reality ✓ Delusions and paranoia 	<ul style="list-style-type: none"> ✓ Unprovoked anger or hostility ✓ Implying or making a direct threat to harm self or others ✓ Academic assignments dominated by themes of extreme hopelessness, rage, worthlessness, isolation, despair, acting out, suicidal ideations/violent behaviors - a “cry for help” ✓ Communicating threats via email, correspondence, texting, or phone calls ✓ Stalking or harassing 	<ul style="list-style-type: none"> ✓ Self-disclosure of personal distress - family problems, financial difficulties, contemplating suicide, grief ✓ Excessive tearfulness, panic reactions, irritability or unusual apathy ✓ Verbal abuse (e.g., taunting, badgering, intimidation) ✓ Expressions of concern about the student by his/her peers ✓ Exaggerated personality traits (e.g. withdrawn or agitated, mutters under breath, slow response time to questions)

See
Say
Do Something





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



On Campus	
Dean of Students	973-443-8935
Student Affairs Case Manager	973-443-8938
Public Safety Office	973-443-8888
Disability Support Services	973-443-8079
Counseling Center	973-443-8535
Student Health Services	973-443-8535
Student Conduct Office	973-443-8574
Sexual Harassment Claims/Questions	973-443-8574
Academic Support Center	973-443-8540
Regional Center for Students with Learning Disabilities	973-443-8981
Housing Office	973-443-8586
Provosts Office	973-443-8082
International Student Services	973-443-8672
Athletics	973-443-8960

In the Community	
Florham Park Police Department	973-377-2200
National Suicide Prevention Lifeline	800-273-8255
Morristown Hospital Crisis Hotline	973-540-0100
SAMHSA National Hotline	800-662-4357
Morris CARES Sexual Violence Services	973-829-0587
National Sexual Assault Hotline	800-656-4673

Three easy ways to report students of concern:

1. Student of Concern Report: www.fdu.edu/fducares
2. Dean of Students Office/Student Affairs Case Manager:(973)443-8935
Public Safety: (973) 443-8888
3. Via E-mail: DevilsCare@fdu.edu