

W SUPPORTING STUDENTS: EMPLOYEE GUIDE 2024-2025

WHEN YOU SEE:

*Look for groupings, duration and severity - not just isolated occurrences.

- Specific plan to kill self or others
- Disconnected, garbled or slurred speech
- Difficulty remaining conscious, vomiting, seizure, trouble breathing, slow heart rate, clammy skin
- Implying or making an active threat to self or others
- Physical violence (e.g. assault, use of weapons)

Student needs help urgently.

- Significant change and/or disruptive behaviors of learning, living or work environment
- Noticeable change in socially appropriate behavior and/or physical appearance (e.g., significant decline in personal hygiene)
- Disclosing distressing life circumstances (e.g., finances, family or relationship issues, contemplation of suicide)
- Withdrawal from usual social interactions
- Substance use/abuse
- Sexual harassment/violence or relational violence

The student shows signs of distress and needs help but I'm unsure of the severity.

- Sudden decline in quality of work/grades
- Concerns from peers
- Tearfulness, irritability or unusual apathy
- Intoxication, hangovers or smelling of alcohol
- Repeated absences and/or multiple requests for extensions
- Excessive fatigue/sleep disturbances
- Unusual or disproportional emotional responses to events

The student needs support but I'm not concerned for their immediate safety.

WHAT TO DO:

SEEK HELP IMMEDIATELY

CALL 911 IN URGENT SITUATIONS

The welfare of the campus community is the top priority when a student displays threatening or potentially violent behavior.

Connect Students to Resources

HUSKY HELPLINE

Call 206-616-7777 for 24/7 access to support.

SAFECAMPUS

Call 206-685-7233 to discuss safety and well-being concerns.

UW COUNSELING CENTER

Crisis counselors available at 206-543-1240.

See reverse for additional information.

Provide Individual Support

1. REACH OUT

Find time to meet with the student and use a non-confrontational approach and calm voice. Actively listen, be empathetic and express concern: "I am worried about you."

2. BE DIRECT

Don't hesitate to ask students directly if they are under the influence, feeling confused or having thoughts of harming themselves or others: "Have you felt bad enough to consider hurting or killing yourself?"

3. CONNECT

Offer support and connect student with resources (see reverse).

OTHER CAMPUS RESOURCES

Crisis and Immediate Support

In an emergency: Call 911

- Emergency services for immediate threatening or dangerous behavior (toward self or others)

Husky HelpLine: 206-616-7777

- Same-day support from licensed professional counselors
- Multiple languages available
- Available 24/7

SafeCampus: 206-685-7233

- Individualized consultation and support, with plans tailored to your situation
- Reports can be anonymous
- Available Monday - Friday 8 a.m. - 5 p.m.

UW Counseling Center Crisis Support: 206-543-1240

- Same-day crisis consultation
- Available Monday, Wednesday, Thursday, Friday 8 a.m. - 4 p.m.; Tuesday 9:30 a.m. - 4 p.m.

Support & Follow-up

Student Care Team

- Consultation and resources to help you support students
- Reviewed by a Care Team member within 72 hours of receipt
- Submit a report at bit.ly/StudentCareTeam

UW Counseling Center Non-Crisis Support: 206-543-1240

- Individual and group counseling options
- Let's Talk program provides informal consultation without an appointment

Confidential Advocates

- Confidential support for sexual assault, relationship and domestic violence, stalking and/or sexual harassment
- Appointments available at bit.ly/ConfidentialAdvocates

Title IX

- Support for Title IX-related concerns such as sexual assault or harassment
- Connect with a Title IX case manager at bit.ly/TitleIXReport

Additional Resources

Bias Reporting Tool

[washington.edu/bias](https://www.washington.edu/bias)

Disability Resources for Students

depts.washington.edu/uwdrs | 206-543-8924

Husky Health Center

wellbeing.uw.edu/unit/husky-health | 206-685-1011

Q Center

sites.uw.edu/qcenter

Samuel E. Kelly Ethnic Cultural Center

depts.washington.edu/ecc | 206-543-4635

Student Legal Services

depts.washington.edu/slsuw | 206-543-6486