

W SUPPORTING STUDENTS: EMPLOYEE GUIDE

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, weight loss/gain)
- 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 ASSIST

Call 206-543-9331 for in-person behavioral health support

SAFECAMPUS

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

HUSKY HELPLINE

Call 206-616-7777 for same-day phone-based support

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).

CAMPUS RESOURCES

Crisis and Immediate Support

UW Police Department: 206-685-8973

- Emergency services for threatening or dangerous behavior

UW Counseling Center Crisis Support: 206-543-1240

- Same-day crisis consultation
- Available Mon, Wed, Thur, Fri 8 a.m. - 4 p.m.; Tue 9:30 a.m. - 4 p.m.

Husky Assist: 206-543-9331 (dispatch)

- In-person, on-demand support for students, faculty and staff
- Can respond solo or with UWPD (dependent on circumstances)
- Available Mon - Fri 11 a.m. - 8 p.m.

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.

Husky HelpLine: 206-616-7777

- Same-day support from licensed professional counselors
- Available 24/7 in multiple languages

CALL 911 IN AN EMERGENCY

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/UWStudentCareReport

Confidential Advocates

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

Civil Rights & Title IX

- Support for civil rights and Title IX-related concerns
- Connect with civil rights case managers who can discuss options

Additional Resources

Disability Resources for Students

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

Husky Health Center

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

LiveWell

wellbeing.uw.edu/livewell

Q Center

sites.uw.edu/qcenter

Student Legal Services

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