

As a faculty or staff member, you may be the first person that a student turns to for help or you may be one of the first people to notice behaviors that are concerning.

This guide is designed to assist you in:

- 1) knowing some common causes of distress;
- 2) identifying possible warning signs of distress;
- 3) helping a student in distress;
- 4) referring a student to the Office of Personal Counseling.

Relationship breakup
Loss of a loved one
Feeling lonely
Serious illness or injury
Not fitting in with peers
Religious conflicts
Physical abuse or assault
Depression
Disordered eating
Loss of a goal or a dream

Family conflict
Divorce of parents
Academic pressure or failure
Difficulty adjusting to the university
Unplanned pregnancy
Sexual abuse or assault
Identity confusion
Drug and/or alcohol abuse
Career indecision
Perfectionism

INTERPERSONAL PROBLEMS:

Asking instructor for help with personal problems
Dependency on advisor/instructor/staff member
Hanging around office

BEHAVIORAL PROBLEMS:

Change in personal hygiene
Dramatic weight gain or loss

If you have noticed any of these warning signs, or any other signs that have you concerned, you are faced with the decision of whether or not to intervene. Your interest in your student's well-being can make an important difference to a person in distress and may help the student to be successful at Maryville. The Office of Personal Counseling is always available to talk with you if you are concerned about a student and would like to discuss possible ways to help. We also highly encourage all faculty and staff to complete the "Ask, Listen, Refer" online suicide prevention training program available at: www.asklistenrefer.org/maryville.

If you decide to intervene:

- 1) Talk to the student privately to help minimize embarrassment and defensiveness.
- 2) Do not promise the student confidentiality regarding what he or she shares.
- 3) Listen carefully and respond to both the content and t t) 0.5 (c) 0.5.24 72 597.12m0.3 t) 0.5 h) --0.3h) -0.3 q) 0.3 k)