

A QUICK RESPONSE FACULTY GUIDE

This guide is designed to help you recognize signs of distress in your student and respond effectively. If you're uncertain about whom to contact, consult the resources provided below.

SUPPORTING STUDENTS IN DISTRESS

CONCERN LEVEL

SIGNS: Visible distress, crying, irritability, anger, fights/arguments, anxiety, personal loss or traumatic life events, declining academic performance, social withdrawal, increased alcohol and/or drug use.

WHAT TO DO: Initiate conversation with the student, consider utilizing campus resources, or contact Student Care and Outreach Team for coordinated university services. A helpful approach is to start a conversation with the student you're concerned about by stating what you've noticed, followed by a question e.g. *"I've noticed you've seemed down recently. Is there anything you'd like to talk about?"*.

STUDENT CARE AND OUTREACH TEAM: Call 803-777-4193 or report online at sc.edu/careandoutreach.

COUNSELING AND PSYCHOLOGY SERVICES: Call 803-777-5223 Monday-Friday: 8am-5pm or visit us at sc.edu/mentalhealth.

URGENT LEVEL

SIGNS: Expressions of hopelessness, talk of suicide or harm to others, being out of touch with reality.

WHAT TO DO: If you observe warnings signs of suicide, ask the student directly, *"Are you thinking about killing yourself?"* If the answer is "yes," remain calm, express care and concern, and connect them to a resource. Reassure them by saying, *"This is really brave of you to share and I want you to know I'm here for you. I do need to connect you with someone on campus who can help you get through this."* Next, get immediate assistance.

24/7 MENTAL HEALTH SUPPORT: 844-287-6963 **988 SUICIDE & CRISIS LIFELINE:** 988

STUDENT CARE AND OUTREACH TEAM: File a care report if you are concerned about the student's safety or the safety of others.

Consider escorting the student to Counseling and Psychology Services on the 4th floor of the Center for Health and Well-Being | Monday-Friday: 8am - 5pm.

EMERGENCY LEVEL

SIGNS: Immediate threat of harm to self or others.

WHAT TO DO: Seek immediate assistance by calling USCPD 803-777-4215 or 911.

Is this a life-threatening emergency? Is the student an immediate threat to themselves or others?

YES

Don't leave the student alone, call
USCPD immediately
803-777-4215 or dial 911

File a Care Report and contact
your supervisor

NO

Are you able to support this student
with a caring conversation?

YES

NO

Have a caring conversation
with the student and share
appropriate resources.

If warranted and if the student
is willing, have the student walk
or escort them to Counseling &
Psychology Services for
immediate crisis support.

File a Care Report if you are
concerned about the student's
safety or the safety of others.

Is this crisis
happening during
CAPS business hours?

YES

NO

Call 24/7 mental
health support,
844-287-6963

**Follow up with the student after the crisis to
check in on how they are doing and whether
they are using any available services.**