

SIGNS OF DISTRESS

SEE SOMETHING. SAY SOMETHING. DO SOMETHING.

A person's behavior, especially if it changes over time, may be a sign of distress. You might be the first person to recognize these signs, especially if you have frequent or prolonged contact with a student or colleague.

Trust your instincts if someone leaves you feeling worried, alarmed, or threatened.



SAFETY SIGNS

- · Unprovoked anger or hostility
- Implied or direct threats to harm self or others
- · Stalking or harassing
- Your gut feeling that there is a safety risk



EMOTIONAL SIGNS

- Self disclosure of distress (relationship/family issues, grief, suicidal thoughts, etc.)
- Excessive tearfulness, worry, anxiety, panic, fear, irritability, or apathy
- Extreme mood changes;
 extreme highs and lows
- Verbal abuse
- Concern from peers



PHYSICAL SIGNS

- Marked changes in physical appearance, grooming, hygiene, or weight
- Excessive fatigue or sleep disturbances
- Intoxication, disorientation, or smelling of alcohol and/or other drugs



ACADEMIC/WORK SIGNS

- Sudden decline in quality of work or grades
- Avoiding friends or social situations
- Problems concentrating
- or learning
- Repeated absences
- Bizarre content in writings or presentations
- · Repeated classroom disruptions

RESPONSE FLOW CHART

Follow the chart below to best determine who to contact when faced with a student or colleague who is distressed, disruptive, or in crisis.

