



ASSISTING STUDENTS IN DISTRESS



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District Police Emergency
9-1-1 or (408) 924-8000

District Police Non-emergency
(650) 949-7313 or x7313

Student Affairs

(650) 94

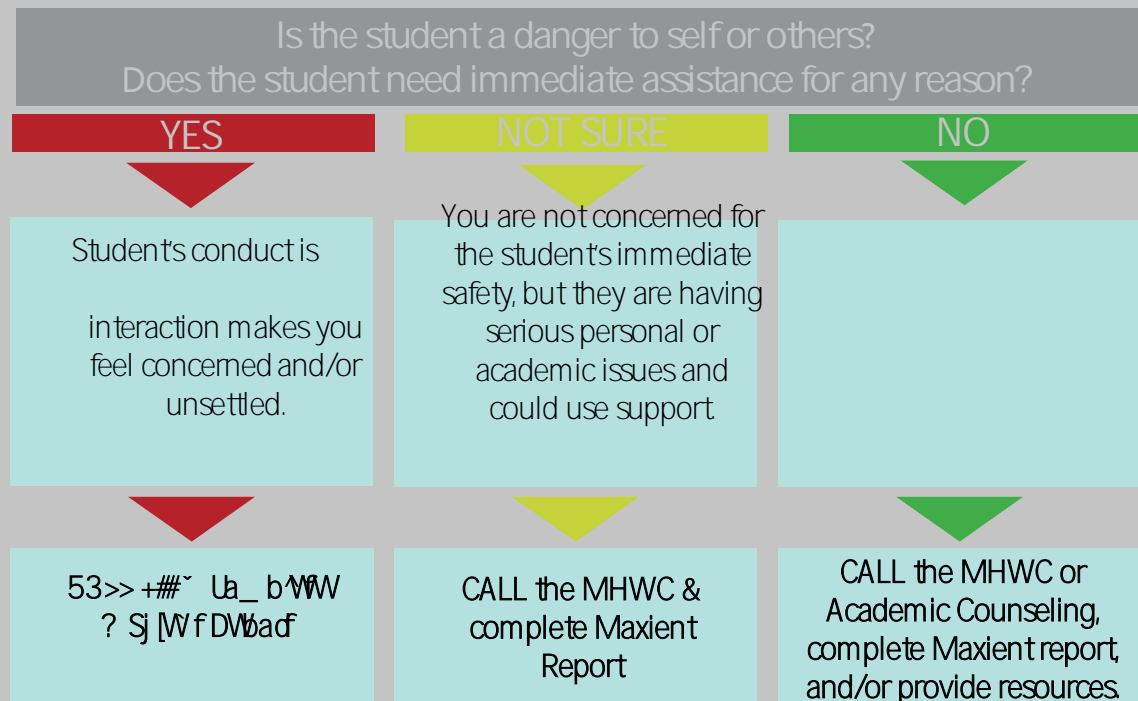
Disability Resource Center (DRC)
(650) 949-7017

Crisis Hotline

9-8-8

RESPONSE PROTOCOL:

Follow the chart below to best determine who to contact when faced with a student in distress or who may be struggling:



Report an Incident or Concern:

<https://foothill.edu/studentaffairs/>

RED FOLDER

ASSISTING STUDENTS IN **DISTRESS**

INDICATORS

If you **SEE** something, **SAY** something, & **DO** something. **YOU** can save a life.

A student's behavior may be an indicator of distress or other struggles they are experiencing. Changes to behaviors may happen gradually and over time. You might be the first person to recognize the warning signs, especially if you have frequent and prolonged contact with them. If a student's conduct leaves you feeling threatened, concerned or unsettled, act on your instincts. You may be the catalyst to them receiving help!

CONFIDENTIALITY AND FERPA

FERPA (Family Educational Rights and Privacy Act) permits communication about a student of concern in connection with a health and safety emergency.

Observations of a student's conduct or statements made by a student are not FERPA protected. Such information may be shared with college administrators, campus police, or student health services to promote student and campus safety. Please remember NOT to send identifying student information via email.

ACADEMIC INDICATORS

- Pattern of repeated absences with or without communication
- Decline in grades, quality of work or participation
- Bizarre content in class submissions
- Repeated classroom disruptions

PSYCHOLOGICAL INDICATORS

- Self-disclosure of distress (e.g., interpersonal issues, suicidal thoughts or grief)
- Disproportional emotional responses (e.g., excessive tearfulness, panic)
- Verbal abuse (e.g., taunting, badgering or intimidation)

SOCIAL INDICATORS

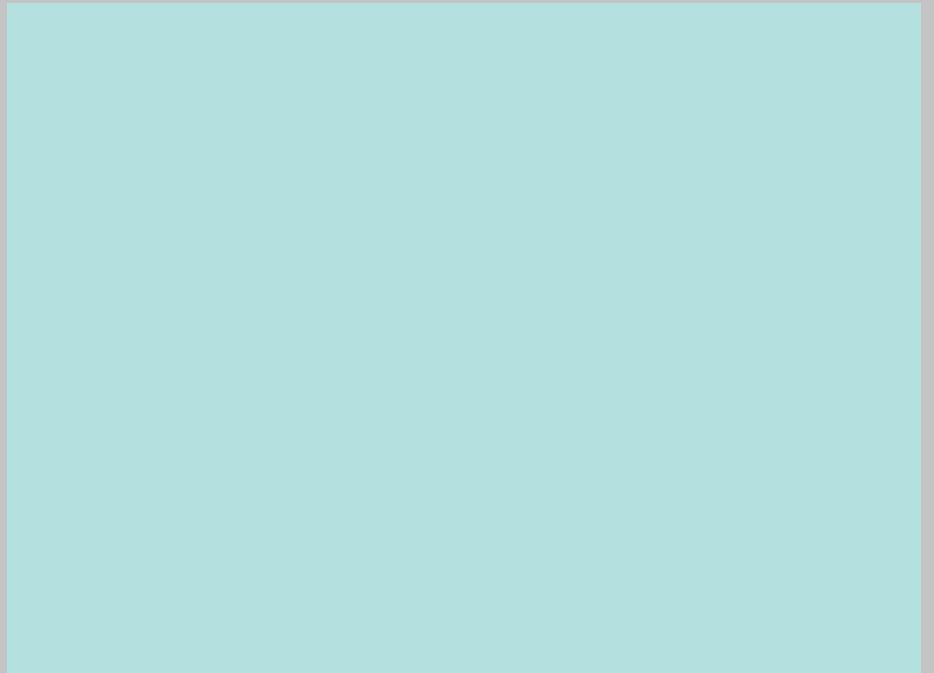
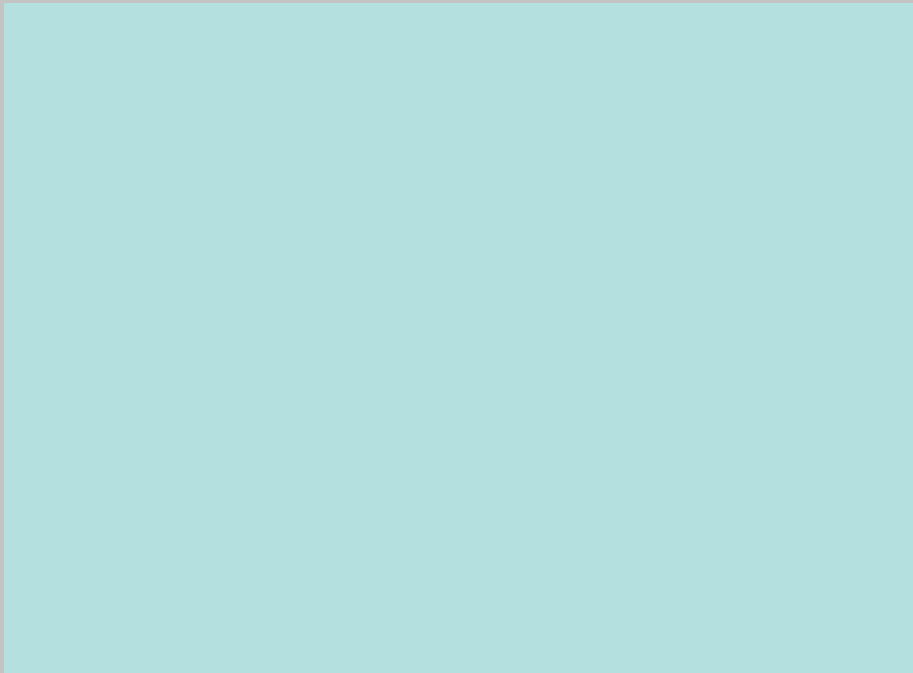
- Marked elevation in or decline in engagement with peers or other campus activities
- Noticeable changes in physical appearance, grooming, hygiene, or weight
- Concern from peers

SAFETY RISK INDICATORS

- Unprovoked anger or hostility
- Implied or direct threats to harm self or others
- Stalking or harassing
- Communicating threats digitally via email, text, phone calls or social media

GUIDELINES FOR INTERVENTION

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