



SIGNS OF DISTRESS:

It is imperative that we keep in mind that individuals may or may not show these behaviors in isolation, and individuals may be demonstrating these same behaviors at different touch points with different staff, faculty and peers present. This is why the work of the CARE team is so integral as it fosters an environment of support and transparency.

The list of behaviors provided is not exhaustive or inclusive of all behaviors that should be reported but is intended to be a useful preliminary resource or guide.

Academic Signs

- Deterioration in quality/quantity of work
- A negative change in classroom or research performance
- Repeated absences from class or from research lab
- Disorganized or erratic performance
- Student sends frequent, lengthy, "ranting" or threatening types of emails
- Continual seeking of special provisions (e.g., late papers, extensions, postponed exams and projects)

Physical signs

- Falling asleep in class
- A dramatic change in energy level (either direction)
- Worrisome changes in hygiene or personal appearance
- Frequent state of alcohol or drug intoxication (i.e., bleary-eyed, hung-over, smelling of alcohol)
- Noticeable cuts, bruises or burns on student

Emotional signs

- Exaggerated personality traits; more withdrawn or more animated than usual
- Expressions of hopelessness, fear or worthlessness; themes of suicide, death and dying in papers/projects
- Direct statements indicating distress, family problems, or other difficulties
- Peer concern about a fellow student (in class, lab, residence hall, club)
- Unusual or abrupt changes in behaviors or patterns
- Resistance to change or reasonable limits
- Displays of paranoia or distrust
- Online postings to social media sites that indicate a threat to self or others
- Preoccupation with weapons, violent events or persons who have engaged in violent acts
- References to harming others or planning a violent or destructive event
- Evidence of depression, hopelessness, or suicidal thoughts/plans
- Inappropriate responses such as prolonged irritability, angry outburst, or intense reactions