

**BEGIN  
HERE**

# How to Help a Student

Are you worried about the student's safety? Do you see possible warning signs?

WARNING signs include, but are not limited to:

Talks about/threatens suicide\*

Talks about hurting/killing others\*

Engaging in self-harm (e.g., cutting)\*

Marked change in academic performance

Marked change in behavior and or mood

Nervousness, agitation or aggression

Crying or other visible signs of distress

Withdrawal from others (isolation)

Signs of alcohol and/or drug use

**YES**

**NO**

Directly ask about your concern and/or the warning signs

\* Directly ask about suicide/homicide as it relates to the displayed warning sign

Do you believe the student is in imminent danger?

**DO NOT LEAVE THE STUDENT ALONE**

**YES**

**Examples:**

Student disoriented, found unconscious or unresponsive.

Student tells you that they have ingested pills beyond the recommended dose (whether student confirms it is a suicide attempt or not).

Student is threatening immediate danger to self (i.e. threatening to jump out a window, ingest pills, shoot self, etc.).

Student attempts, or threatens to cause physical harm to someone else or people in general.

**IMMEDIATELY call University Police at (859) 572-7777 or 911.**

**What happens next?**

Provide the police with all of the information you know about the student and their situation.

Contact your department head/supervisor and inform them of the situation.

Submit a Community Care Report at <https://inside.nku.edu/studentaffairs/departments/scra/communitycareteam.html>, including all of the information about the student and incident.

**UNCLEAR**

**Examples:**

Student reports a history of self-injurious behaviors (i.e. cutting or burning) and now states a desire to engage in the behavior again.

Student appears intoxicated or under the influence of substances.

Student makes statements that are suggestive of suicidal/homicidal thinking that are not overtly indicative of imminent danger (i.e. "I don't know if I can keep going.").

Student appears emotionally distraught and does not respond to your attempts to calm them.

Student experiences a sudden stressful event (i.e. death, breakup, divorce) and seems emotionally unstable/inconsolable OR the student's response seems unusual (i.e. uncontrollable crying over a failed exam, etc.).

Student's work assignments and/or communications contain material that raises concerns about suicide, homicide and/or violence.

**What happens next?**

Contact your department head/supervisor and inform them of the situation.

Document all details about the situation (who, what, where and when).

Submit a Community Care Report at <https://inside.nku.edu/studentaffairs/departments/scra/communitycareteam.html>, including all of the information about the student and incident.

**NO**

**Examples:**

Student reports anxiety and depression, but denies suicidal/homicidal thoughts and shows no warning signs.

Student is upset/grieving but denies suicidal/homicidal thoughts and shows no warning signs.

As much as you and the student are comfortable, listen and provide support; but do not act as the student's therapist.

Discuss counseling services and/or other university resources that might be helpful. If you need assistance in determining the appropriate resource(s), please refer to the resources listed on the Gold Folder, or contact Health, Counseling and Student Wellness (HCSW) at (859) 572-5650.

Consider calling with the student, or accompanying the student to HCSW to initiate counseling services.

**What happens next?**

The student will be contacted by a counselor who will schedule the initial appointment.

Contact HCSW if you observe a significant change in the student's behavior.

For a more accessible version, please visit <https://inside.nku.edu/hcsw.html>.

