



RECOGNIZING & HELPING STUDENTS IN CRISIS

University life provides new experiences, challenges and changes for students. Some of the issues students face include leaving home, study skills, relationship break-ups, deaths of loved ones, alcohol or other substance abuse, sexual assault or rape, and family problems. On a campus such as ours, faculty & staff can help in identifying students in distress & referring them to the proper campus resources to assist them. Our goal is to create a safe community that students can learn and prosper in by providing access to positive support services.

WHAT TO LOOK FOR

ACADEMIC INDICATORS

- Deterioration in quality of work
- Missed assignment
- A negative change in classroom performance
- Repeated absences from class
- Disorganized or erratic performance
- Continual seeking of special accommodations (late papers, extensions, postponed examinations, and the like)
- Essays or creative works which indicate extremes of hopelessness, social isolation, rage, or despair

EMOTIONAL INDICATORS

- Direct statements of distress, family problems or other difficulties
- Unprovoked anger or hostility
- Exaggerated personality traits: more withdrawn or more animated than usual
- Excessive dependency; tearful
- Expressions of concern about a student by his/her peers
- A hunch or gut-level reaction that something is wrong

Prepared by:
Student Counseling Services
West Texas A&M University
PO Box 60728 Canyon, TX 79015
806.651.2340 wtamu.edu/career

PHYSICAL INDICATORS

- Deterioration of physical appearance
- Lack of personal hygiene
- Excessive fatigue
- Visible changes in weight
- Bleary-eyed, hung over or smelling of alcohol

SAFETY RISK INDICATORS

- Any written note or verbal statement which has a sense of finality or a suicidal flavor to it
- Essays/papers which focus on despair, suicide, or death
- Statements to the effect that the student “going away for a long time”
- Giving away of prized possessions Self-injuries or self-destructive behaviors; severe depression

REFERRING A STUDENT FOR HELP

You may call Student Counseling Services at 651.2340 for a consultation about the student. The staff will be glad to talk with you about your concerns. You may want to talk with them, give them this brochure, give them our phone number or escort them over to Student Counseling Services (VHAC 210).

During office hours:

Ext. 5000 - University Police Department
Ext. 2340 - Student Counseling Services
Ext. 3287 - Student Medical Services

Outside office hours:

651.5000 - University Police Department. Ask to have the counselor on call contact you

Life threatening emergencies:

Call 911

Behavioral Intervention Team

e-mail to BITeam@wtamu.edu
web referral form at wtamu.edu/BITeam

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