

## Helpful Resources

### National Suicide Prevention Lifeline

24-hour crisis line  
1-800-273-TALK (8255)

**INFOLINE** (Statewide)  
211

### Sexual Assault Crisis Services

1-888-999-5545 (English)  
1-888-568-8332 (Español)

### The Rowan Center

203-329-2929  
(Sexual assault resources)

### NAMI Student Mental Health

NAMI.org

### ULifeline

ulifeline.org

### Crisis Text Line

Text Hopeline to 741741  
crisistextline.org

### Safe Haven Domestic Violence Services

203-575-6500

### Trevor Lifeline

866-488-7386 (LGBTQ+ hotline)

### To report suspected child abuse or neglect

1-800-842-2288

### UConn Student Care Team

studentcareteam.uconn.edu

### Cody Bergeron, LCSW

Clinical Case Manager  
203-251-9591  
cody.bergeron@uconn.edu

### Katlyn Griffin, LPC

Clinical Case Manager  
203-251-9590  
katlyn.griffin@uconn.edu

Monday-Friday 8:30-4:30

Room 2.13

203-251-9597

[mhrc.stamford.uconn.edu](http://mhrc.stamford.uconn.edu)

# UConn

### Stamford Campus

1 UNIVERSITY PLACE  
STAMFORD, CONNECTICUT 06901

203-251-8400

[stamford.uconn.edu](http://stamford.uconn.edu)

# UConn

STAMFORD

## A Guide to Assisting Students in Distress



[mhrc.stamford.uconn.edu](http://mhrc.stamford.uconn.edu)



## Assisting Students In Distress

Students oftentimes experience emotional distress while attending college for various reasons. These challenges can result in a student becoming vulnerable to poor academic performance and/or making unhealthy life choices. Sometimes students who are in distress will not ask for help or may not know how to seek help. As an administrator, faculty or staff member you can play an important role in guiding students towards services they need. If you feel concerned or alarmed about a student, please contact the Mental Health Resource Center for a consultation or refer the student to our office.

### Recognize the Signs

#### Academic

- Overall decline in academic performance
- Poor class attendance
- Repeated missed assignments or incomplete assignments
- A change in classroom engagement
- Disturbing or alarming content in verbal or written assignments (i.e. violence)
- Patterns of perfectionism

#### Physical

- Significant changes in dress, hygiene, or weight
- Excessive fatigue or falling asleep in class
- Disoriented or confused
- Redness around the eyes or discoloration of skin (i.e. paleness or rashes)
- Slow or delayed speech
- Unexplained injuries, bruises, or cut/burn marks
- Inability to make eye contact

#### Psychological

- Tearfulness or sad mood
- Irritability or angry outbursts
- Difficulty forming or expressing ideas
- Debilitating anxiety and/or depression
- Making threats to harm self or others
- Obsessions with violence, guns, sexual assault, or animal cruelty
- Shakiness, tremors, fidgeting, or pacing
- Expressions of hopelessness or worthlessness

### Emergency Crisis

Please contact campus police at **860-486-4800** or **911** if a student:

- Makes written or verbal comments threatening, talking about, or making plans to commit suicide
- Appears to be a threat to others and/or themselves
- Is a victim of an attack or is in physical danger
- Is disconnected from reality/exhibiting psychosis
- Is nonresponsive or incoherent

### How You Can Help

- Talk to the student individually and express your care and concern
- Listen without judgement
- Be supportive and encouraging
- Provide information on how to get connected to the Mental Health Resource Center
- Notify the Care Team
- Request consultation from the campus case manager about your concerns/questions

