**Concerned About a Student? Submit a Referral Here:**
https://inside.ewu.edu/studentaffairs/resources-for-faculty/

**Talk Campus**
https://inside.ewu.edu/bewell/talkcampus/

**Hotline/Textline Resources:**
- **24/7 Crisis Line**: text HOME to 741741
- **Sexual Assault 24/7 Crisis Line**: 1-509-624-7273
- **YWCA Domestic Violence Crisis Line**: 1-509-326-2255
- **National Suicide Prevention Lifeline**: 1-800-273-8255
- **RAINN National Sexual Assault Hotline**: 1-800-656-HOPE
- **24/7 Regional Crisis Line**: 1-877-266-1818
- **Trevor Project** (resource for LGBTQ young people): 1-866-488-7386
- **Veterans Crisis Line (Press 1)**: 1-800-273-8255

**To Report If a Student...**

<table>
<thead>
<tr>
<th>Category</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>2.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>3.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>4.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>5.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>6.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>7.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>8.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>9.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>10.</strong></td>
<td></td>
</tr>
</tbody>
</table>

**Where to Report If a Student...**

<table>
<thead>
<tr>
<th>Category</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>2.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>3.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>4.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>5.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>6.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>7.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>8.</strong></td>
<td></td>
</tr>
</tbody>
</table>

**How to Report...**

1. **Submit an ICARE Form**: [https://inside.ewu.edu/community-care/](https://inside.ewu.edu/community-care/)
2. **Submit a Title IX Report Form**: [https://inside.ewu.edu/community-care/](https://inside.ewu.edu/community-care/)
3. **Submit a Discrimination Report Form**: [https://inside.ewu.edu/community-care/](https://inside.ewu.edu/community-care/)

**For young people of color needing support, text STEVE to 741741**

**To report concerns about a student, submit a referral here:**
https://inside.ewu.edu/studentaffairs/resources-for-faculty/
1 RECOGNIZE

PLEASE REVIEW THE MOST COMMON SIGNS OF DISTRESS. STUDENTS MAY ALSO PRESENT WITH INDICATORS NOT LISTED.

SAFETY:
• Signs of physical abuse
• Signs of self-harm
• Intpersonal violence
• Unprovoked anger or hostility
• Implied or made a direct threat to harm self or others
• Stalking or harassing
• Unprompted disclosure of thoughts of death or suicide
• Verbal abuse (e.g., taunting, badgering, intimidation)
• Unresponsive or altered level of consciousness

ACADEMIC:
• Repeated absences and/or decline in quality of work or performance
• Writing/creative work that include unexplained disturbing content and/or themes of despair, hopelessness, violence, death, or aggression
• Disorganized performance and/or repeated requests for extensions
• Conduct that interferes with classroom, group work, or activity engagement
• Frequent utilization of faculty/staff office hours for personal support

PHYSICAL/BEHAVIORAL:
• Marked changes in physical appearance
• Excessive fatigue, listlessness
• Sleep disturbance
• Intoxication, hangover, smelling of alcohol, evidence of drug abuse
• Disoriented or “out of it,” out of touch with reality
• Gaited, rambling, tangential, disconnected, or slurred speech
• Behavior out of context or out of character for the individual

PSYCHOLOGICAL/INTERPERSONAL:
• Self-disclosure of personal distress - family problems, financial difficulties, grief, shame
• Excessive tearfulness, panic reactions, irritability, or unusual apathy
• Feeling hopeless and helpless
• Expressions of concern about the student by peers
• Concerning interpersonal communication style (e.g. withdrawn or agitated, mutters under breath, slow response time to questions)
• Delusions and paranoia

2 RESPOND

USE THESE IMPORTANT TIPS TO DETERMINE THE MOST APPROPRIATE RESPONSE FOR A DISTRESSED STUDENT.

SAY WHAT YOU SEE:
• Be direct
• Stick to the facts
• Don’t make assumptions
• Describe the changes you have noticed
• Ask them if they are okay
• Listen!

SHOW YOU CARE:
• Be present, patient, and listen to them
• Let them know they are not alone and you are there for them
• Provide them a space to be heard and don’t make assumptions about them
• Be curious, ask them questions
• Describe changes you have noticed

CONNECT TO HELP:
• Determine the need and resources
• Reaffirm your support and care
• Connect them to resources
• Follow up

WHAT’S NEXT?
• Reflect on your own boundaries, self-care and support needs. Utilize colleagues, supervisors, department heads for consultation and collaboration. Consult with HR for information on professional development, wellness programs, and employee assistance options that are available to support faculty.
• Consider your status related to campus security requirements and if there are any Title IX or crime-related reports you are required to file.
• Circle back with the student after a referral to a support resource to check-in.
• Understand that due to privacy regulations, it may not always be possible for other campus resources to provide you detailed information back.

3 REFER

IS THE STUDENT IN NEED OF IMMEDIATE ASSISTANCE?

YES
The student is at immediate risk of harming self or others, is incoherent or unresponsive, is in extreme distress, or is causing extreme distress to others. I do not feel comfortable with the student being alone. Or, I have significant concerns about this student and cannot determine if they are at imminent risk.

Call 911, even if on campus. After the student is connected to emergency resources, submit an ICARE referral. Mandated reporters must submit the TIX form within 24 hours.

NO
I’m not concerned for the student’s immediate safety, but believe they are struggling with academic and/or personal issues and could benefit from some additional support.

See the Where to Report Chart included in this guide for additional support. Encourage the student to set up an appointment or assist them in doing so.

UNCLEAR
This is not an emergency; however, the student is showing signs of distress and the issue is impacting multiple areas of the student’s life. I am concerned about them and want to get them more help soon.

Consider the nature of the student’s distress and contact appropriate resources for consultation. Assist the student in connecting with Counseling and Wellness Services or the 24/7 Regional Crisis Line 1-877-266-1818. See the Where to Report Chart included in this guide for additional support. Submit an ICARE referral. When in doubt, if you feel the situation is an emergency or can’t wait, call EWU Dispatch at 509-359-7676 to consult.

CAMPUS RESOURCES

EWU PD CHENEY CAMPUS: Dial 911 if you have a life-threatening emergency or crime in progress
For non-emergency police assistance 509-359-7676

EWU SPOKANE CAMPUS SAFETY: Dial 911 if you have a life-threatening emergency or crime in progress
For non-emergency campus safety assistance 509-359-7995

SPOKANE POLICE DEPARTMENT 509-456-2233

ACADEMIC ADVISING 509-359-2345

COUNSELING AND WELLNESS SERVICES(CWS) 509-359-2366

STUDENT ACCOMMODATIONS (DISABILITY) AND SUPPORT SERVICES 509-359-6871

GLOBAL STUDENT SERVICES 215-547-3179

EMPLOYEE ASSISTANCE PROGRAM (EAP) 360-407-9490

HOUSING AND RESIDENCE LIFE 509-359-2451

MULTICULTURAL STUDENT CENTER 509-359-4004

PRIDE CENTER 509-359-7870

PROGRAM LEADING TO UNIVERSITY SUCCESS (PLUS) 509-359-6505

STUDENT CARE AND SUPPORT SERVICES 509-359-7924

STUDENT RIGHTS AND RESPONSIBILITIES 509-359-6960

TITLE IX COORDINATOR 509-359-6724

VETERANS RESOURCE CENTER 509-359-7640

STUDENTS MAY ALSO PRESENT WITH INDICATORS NOT LISTED.

PLEASE REVIEW THE MOST COMMON SIGNS OF DISTRESS. STUDENTS MAY ALSO PRESENT WITH INDICATORS NOT LISTED.

SAFETY:
• Signs of physical abuse
• Signs of self-harm
• Intpersonal violence
• Unprovoked anger or hostility
• Implied or made a direct threat to harm self or others
• Stalking or harassing
• Unprompted disclosure of thoughts of death or suicide
• Verbal abuse (e.g., taunting, badgering, intimidation)
• Unresponsive or altered level of consciousness

ACADEMIC:
• Repeated absences and/or decline in quality of work or performance
• Writing/creative work that include unexplained disturbing content and/or themes of despair, hopelessness, violence, death, or aggression
• Disorganized performance and/or repeated requests for extensions
• Conduct that interferes with classroom, group work, or activity engagement
• Frequent utilization of faculty/staff office hours for personal support

PHYSICAL/BEHAVIORAL:
• Marked changes in physical appearance
• Excessive fatigue, listlessness
• Sleep disturbance
• Intoxication, hangover, smelling of alcohol, evidence of drug abuse
• Disoriented or “out of it,” out of touch with reality
• Gaited, rambling, tangential, disconnected, or slurred speech
• Behavior out of context or out of character for the individual

PSYCHOLOGICAL/INTERPERSONAL:
• Self-disclosure of personal distress - family problems, financial difficulties, grief, shame
• Excessive tearfulness, panic reactions, irritability, or unusual apathy
• Feeling hopeless and helpless
• Expressions of concern about the student by peers
• Concerning interpersonal communication style (e.g. withdrawn or agitated, mutters under breath, slow response time to questions)
• Delusions and paranoia

Emergency or can’t wait, call EWU Dispatch at 509-359-7676.