



SUPPORTING STUDENTS IN DISTRESS



ON CAMPUS RESOURCES

- [Campus Safety](#)
- [Title IX Office](#)
titleix@regis.edu

Confidential:

- [Counseling](#) (Coors Ctr)
- [VAVP](#) (Victim Advocacy & Violence Prevention)
- [UMin Staff](#) (excluding peer ministers)
- [Jesuits](#) (when acting as priests)

OFF CAMPUS RESOURCES

- [The Blue Bench](#)
(24 Hour Sexual Assault Crisis Line)
Eng: 303.322.7273
Esp: 303.329.7273
- [988](#)
(National Crisis Line)
- [National Suicide Lifeline](#)
1.800.273.TALK (8255)
- [Safehouse Denver](#)
(Domestic & Intimate Partner Violence)
303.318.9989

Do you know....

— ...if a student's behavior changes dramatically.

It could mean that the student is in distress. Symptoms to watch for:

- mood changes
- withdrawal
- drop in performance
- lack of self-care
- physical symptoms: frequent headaches, stomach aches
- risky behavior
- expressions of hopelessness

— ...what to do when addressing a student in distress?

- **Validate** and **thank** the student for trusting you and sharing - try to stay away from saying "I'm sorry".
 - *"Thank you so much for sharing that with me"*
 - *"That sounds like a lot to be going through right now."*
 - *"It took a lot of courage to take this step and talk to me."*
- **Remind** the student that you are a mandatory reporter
- **Refer** the student to appropriate resources

Special Concerns...

- Suicidal ideations or violent expressions
 - call 911
- Requests for confidentiality
 - if student doesn't want to report or doesn't know, refer to VAVP. Use left sidebar for other confidential resources.

Mandatory Reporting

Responsible staff must report the following:

- sex-based harassment - sexual assault, dating & domestic violence, and stalking
- sex or gender discrimination
- other forms of sexual misconduct - exploitation, verbal comments

[Sexual Misconduct Report Form](#)
[Concern For Student Report Form](#)