BEMIDJI STATE UNIVERSITY

You want to help. As a Bemidji State University faculty or staff member, you sometimes encounter students in distress. This information will help you know what to look for, recognize the warning signs, and take a course of action to get students the assistance they need.

STUDENT IS UNDER DISTRESS. Signs of distress may include, but are not limited to:
- Nervousness, agitation, or irritability
- Inefﬁcient class attendance
- Crying
- Changes in academic performance
- Changes in personal or classroom relationships
- Detriment in hygiene
- Under aggressive or abusive behavior
- FearfulnessDependency (e.g. student who is excessively crying)
- Frequent alcohol and/or drug use

YOU ARE CONCERNED FOR THE STUDENT'S SAFETY OR DO YOU SEE POSSIBLE WARNING SIGNS?

Warning signs (include, but are not limited to):
- Withdrawal from others (relation)
- Talk about or threaten suicide
- Makes statement such as "I want this all to end" or "I can't go on anymore"
- Significant change
- Behavior is bizarre, alarming, and/or dangerous
- Makes statement threatening or planning to harm others
- Marked change in behavior, mood, and/or hygiene
- Apparent depression (began crying, immobility, withdrawal, weight loss, loss of pleasure)
- Apparent signs of hyperactivity, agitation, or impulsiveness
- Engagement in self-harm (e.g. cutting)

Do you believe there is imminent danger?

YES

IMMEDIATELY CALL PUBLIC SAFETY AT 218-755-3888

NO

REPORT THE INCIDENT TO THE CARE TEAM by calling the Dean of Students Office at 218-755-3888 or completing a report at: xxxxxx

Contact your supervisor and inform her/him of the situation.

Document relevant details about the situation (who, what, when, where) and any background information you have about the student's difficulties. Keep a copy of this document.

EXPLAIN YOUR CONCERN TO THE STUDENT, pointing out your observations and asking about her/his situation.

Discuss counseling services and/or other campus resources that might be helpful and address any concerns the student may have about these resources. Even next steps in determining the appropriate course of action

Contact Counseling Services (218-755-2053) and ask to consult with a counselor. Do not make the conversation about suicide an open-ended discussion. If the situation requires immediate response, take steps outlined in this decision-tree. Consider calling the student or accompanying the student to Counseling Services to make an initial appointment. Contact to follow up with the student, as appropriate.

Contact Counseling Services if you observe a suicidal change.

NOTE: If any phrase you believe the student's "Imminent Danger" status has changed, return to the "Imminent Danger" stage outlined in this decision-making tree.

ARE YOU WORRIED ABOUT THE STUDENTS SAFETY OR DO YOU SEE POSSIBLE WARNING SIGNS?

Warning signs (include, but are not limited to):
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- Talk about or threaten suicide
- Makes statement such as "I want this all to end" or "I can't go on anymore"
- Significant change
- Behavior is bizarre, alarming, and/or dangerous
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- Marked change in behavior, mood, and/or hygiene
- Apparent depression (began crying, immobility, withdrawal, weight loss, loss of pleasure)
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- Engagement in self-harm (e.g. cutting)

Do you believe there is imminent danger?

YES

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Contact your supervisor and inform her/him of the situation.

Document relevant details about the situation (who, what, when, where) and any background information you have about the student's difficulties. Keep a copy of this document.

INSTRUCT YOUR SUPERVISOR AND INFORM HER/HIM OF THE SITUATION.

Inform her/him of the situation.

REPORT THE INCIDENT TO THE CARE TEAM by calling the Dean of Students Office at 218-755-3888 or completing a report at: xxxxxx

Inform her/him of the situation.