

Responding to a Student in Distress or Crisis

How Student Mental Health Shows Up

✓ Classroom Behavior

- ✓ Lack of engagement in course
- ✓ Absences
- ✓ Late assignments
- ✓ Poor performance on tests
- ✓ Lack of response to your outreach

✓ Direct Communication

- ✓ Canvas message or email with statements of crisis or distress
- ✓ Writing about death, suicide, or hopelessness
- ✓ Responses to tests that express suicidal ideation
- ✓ Text messages to you
- ✓ Classmates or friends report to you, share texts

How to Respond to Mental Health Crises

1.

Respond to
the Student



2.

Report your
Concern



3.

Know &
Share
Resources

1. Personally Respond to the Student

Directly and promptly reach out to student and

1. Express concern
2. Check for safety and risk

Ideally, you would speak promptly and personally with a student who indicates a crisis.



Use Kognito to Learn How to Have a Conversation



Faculty and staff work with students regularly who are experiencing stress and anxiety related to academics, research, and extra-curricular activities.

Kognito At-Risk for Faculty and Staff provides faculty tools to learn when to have conversations with students of concern, what to say, and how to assist with connecting them to the appropriate campus resources.

Kognito: Conversations that Save Lives

www.uab.edu/uabcares/kognito

Identify

when there is a concern

Approach

someone who needs help

Refer

to the appropriate resources



Tips for Talking to a Student

Respect

Talk to your student **privately**. Share your observations and express your concern. Be direct and specific.

Curiosity

Ask **open-ended questions** to understand your student's point of view. Avoid judgment, minimization, or advice-giving.

Support

Discuss available **resources** and encourage your student to seek support. **Make a firm plan** for when and how your student is going to contact the identified service. Ask how you can support your student.

Hope

Normalize your student's experience; remind your student that **they are not alone**. Instill **hope**; and encourage help-seeking behavior.

2. Report Your Concern

If the student is in immediate danger or experiencing an emergency, contact

UAB Police Department
205-934-3535.

To report a concern about potential suicide threat, that is not an emergency, contact

Student Counseling Services
205-934-5816

during regular business hours.

For general distress and concerns and assistance with barriers to class, you may report to

Student Outreach
205-934-9509

or by submitting a

Student in Distress Form

<https://www.uab.edu/students/outreach/>

The form is NOT for emergencies or crises

3. Know and Share Resources

- **Student Counseling Services :**
www.uab.edu/students/counseling
- **UAB Cares:** www.uab.edu/uabcare
- **Student Outreach :**
www.uab.edu/students/outreach
 - Laptop loaner program
 - Blazer Kitchen
 - USGA emergency loans
- **Using Canvas:**
<https://www.uab.edu/elearning/academic-technologies/canvas>
- **Using Zoom:**
<https://www.uab.edu/elearning/academic-technologies/zoom>

