Identifying Students in Distress

Academic Signs
- Missed assignments or appointments
- Repeated absence from class
- Continued requests for accommodations (late papers, extensions, postponed exams, etc.)
- Themes of hopelessness, social isolation, rage or despair in writing assignments
- Lack of engagement or participation
- Disrupting class or getting off topic

Physical & Psychological Signs
- Noticeable changes in personal hygiene, work habits, or social behavior
- Lack of energy
- Change in sleeping or eating habits
- Change in social behavior
- Excessive anxiety or panic
- Mood elevation
- Reference to suicide as an option
- Increased irritability or aggressive behavior
- Excessive use of alcohol or other drugs
- Paranoid or otherwise bizarre thinking

Other Factors to Consider
- Family problems (death, divorce, break-up)
- Concerns expressed about student by peers
- Written or verbal statement that has a sense of hopelessness or finality
- Your gut instinct that something is seriously wrong