

HELPING STUDENTS IN DISTRESS

IS THE STUDENT IN IMMEDIATE RISK?

YES

WARNING SIGNS

Threats of harm
Access to weapons
Aggression or extreme agitation
Severe emotional distress

ASK DIRECTLY

"Are you safe right now?"
"Are you thinking about harming
yourself or others?"

ACT IMMEDIATELY

Emergency → 911
Campus Police → 804-523-5911
Suicide Crisis Line → 988

NO

WARNING SIGNS

Withdrawn
Behavior changes
Ongoing conflict
Overwhelmed or hopeless
Mood shifts

HOW TO HELP

Stay calm, listen, validate
Share resources
Connect to support

CONTACT

Dean of Students Office
804-523-5025

