

Assisting the Distressed Student Guide

This is a practical guide to assist you when dealing with a distressed person. Utilizing the recommendations in this guide, and speaking directly and honestly with the person, are sometimes all that is needed to help someone in distress. Other times, referrals and additional resources are more appropriate.

This guide will assist you with taking appropriate action.



This guide can be found at the bottom of the MSU Welcome page and clicking on **Report a Concern**



SEE **SOMETHING**. SAY **SOMETHING**.
DO **SOMETHING**.

Refer to BIT

If you are noticing a student, faculty or staff member that may be in distress that impacts them academically, emotionally, behaviorally, or physically, **DO SOMETHING**. Distress may result in displays of different types of behaviors that raise concerns. Students, staff or faculty in distress may benefit from a personal referral or other personalized outreach to connect them with support resources available on campus. The goal is to support those who may be in distress or whose behavior is of concern to others **BEFORE** they rise to crisis levels.

You can report a concern anonymously online by going to the bottom of the MSU Welcome page and clicking on

[Report a Concern](#)

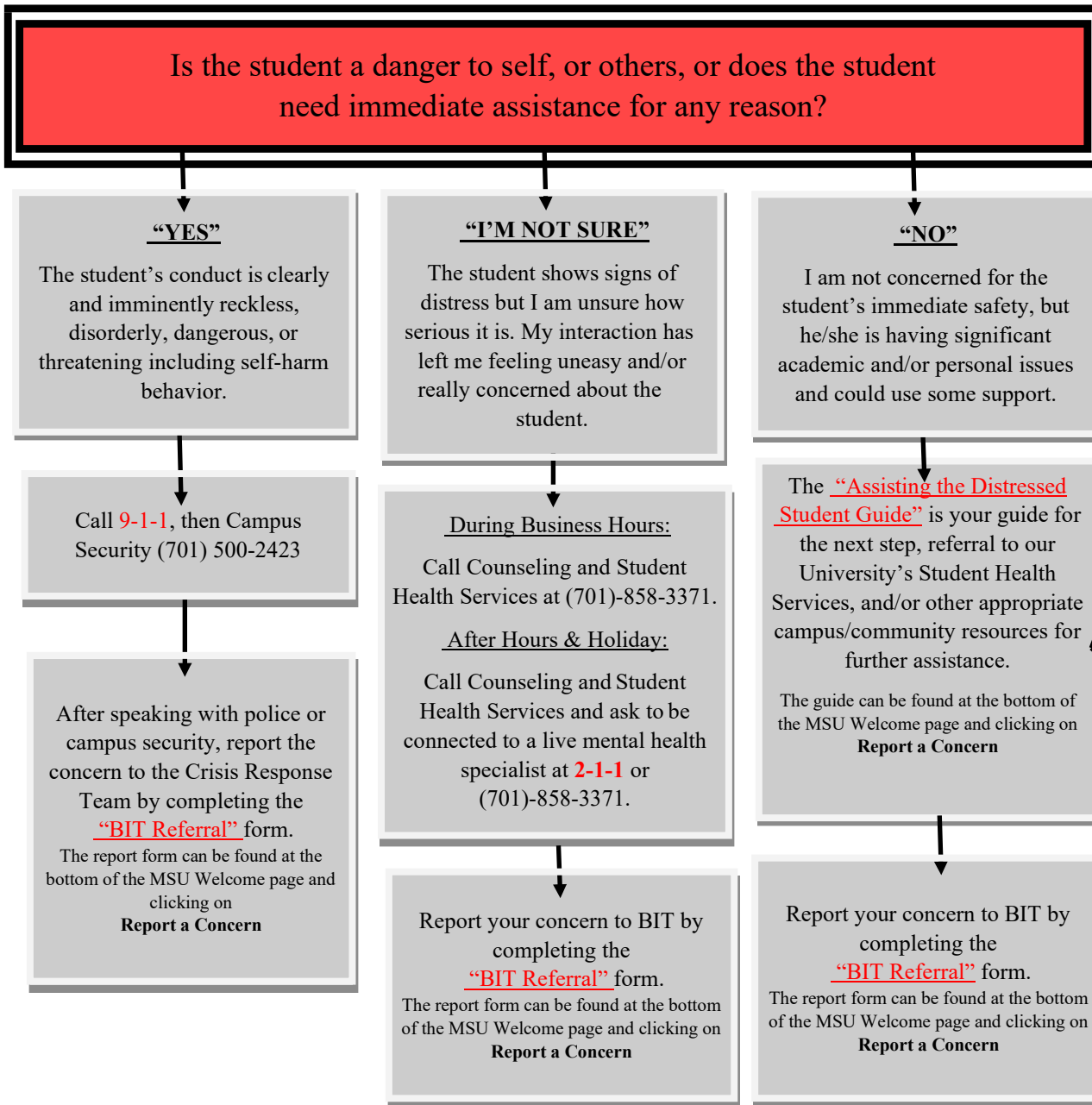
For further assistance contact
Kevin Harmon, VP for Student Affairs
701-858-3140

Signs of Distress

- Sudden decline in quality of work and grades
- Repeated absences
- Bizarre content in writings or presentations
- You find yourself doing more personal rather than academic counseling
- Changes in physical appearance including deterioration in grooming, hygiene, or weight loss or gain
- Excessive fatigue/sleep disturbance
- Intoxication, hangover, or smelling of alcohol
- Disoriented “out of it”
- Unprovoked anger or hostility
- Implying or making direct threat to harm self or others
- Academic assignments dominated by themes of extreme hopelessness, rage, worthlessness, isolation, despair, acting out, suicidal ideation/violent behaviors “cry for help”
- Communicating threats via email, correspondence, texting, or phone
- Self-disclosure of personal distress, family problems, financial difficulties, contemplating suicide, grief
- Excessive tearfulness, panic reactions, irritability or unusual empathy
- Verbal abuse (e.g. taunting, badgering, intimidations)
- Expression of concern about the student by his/her peers

Quick Guide for Addressing Students of Concern

Follow the chart to determine who to contact when faced with a distressed or distressing student. The Behavioral Intervention Team (BIT) is a formal institution-wide committees whose charge is to link students of concern to campus and community resources. This includes assisting in an *Imminent, Urgent, or Uncertain* situation involving students, staff, and faculty on campus.



On Campus	
VP Student Affairs	701-858-3140
University Counseling Services	701-858-3371
Student Health Clinic	701-858-3371
Title IX	701-858-3447
Campus Housing	701-858-3363
Campus Ministries	701-858-4170
Campus Security	701-500-2423
Tutoring (CETL)	701-858-3360
Access Services	701-858-3371
Athletic Department	701-858-3040
Wellness Center	701-858-3485
Veteran Services	701-858-4003
In the Community	
Minot Police Department	911
Non-Emergent	701-852-0111
National Suicide Prevention Lifeline	800-273-8255
North Central Human Services	701-857-8500
Northland Community Health Center	701-852-4600
Domestic Violence Crisis Center	701-852-2258
YWCA Women and Children's Homeless Shelter	701-838-1812
The Village Family Services	701-852-3328
Trinity Riverside Mental Health	701-857-5998
Trinity Hospital	701-857-5000
Salvation Army Food Pantry	701-838-8925

SEE SOMETHING. SAY SOMETHING. DO SOMETHING.