



TIPS TO HELP SUPPORT A DISTRESSED STUDENT

- L** **ISTEN** AND ALLOW THE OPPORTUNITY TO TALK ABOUT THE EVENT IN THEIR OWN TIME AND IN THEIR OWN WAY
- O** **BERVE** BEHAVIOR AND BODY/LANGUAGE, LOOK FOR TRAUMATIC STRESS RESPONSE (SHAKING, RAPID BREATHING, PANICKED LOOK, TEARFUL)
- O** **FFER** HELP, ASK WHAT THEY NEED AND HOW YOU CAN HELP
- M** **ODEL** CALM, RESPONSIVE BEHAVIOR...NOT REACTIVE.
- I** **NFORM** OTHERS OF YOUR CONCERNS. COUNSELING, DEANS, ADVISOR, DORM FACULTY, PARENTS ARE ALL RESOURCES.
- S** **UPPORT** AND REASSURE THAT THEY ARE SAFE.

A grounding technique that may be used to help calm someone in the moment:

- Ask the person to look around
- Find five things you can **SEE**, four things you can **TOUCH**, three things you can **HEAR**, two things you can **SMELL**, and one thing you can **TASTE**



If you have significant concern about a student, please don't hesitate to contact the Health Center x6325, a counselor, dean, advisor and/or parent.