TIPS TO HELP SUPPORT A DISTRESSED STUDENT

LISTEN AND ALLOW THE OPPORTUNITY TO TALK ABOUT THE EVENT IN THEIR OWN TIME AND IN THEIR OWN WAY

LISTEN BEHAVIOR AND BODY/LANGUAGE, LOOK FOR TRAUMATIC STRESS RESPONSE (SHAKING, RAPID BREATHING, PANICKED LOOK, TEARFUL)

LISTEN HELP, ASK WHAT THEY NEED AND HOW YOU CAN HELP

LISTEN CALM, RESPONSIVE BEHAVIOR...NOT REACTIVE.

LISTEN OTHERS OF YOUR CONCERNS. COUNSELING, DEANS, ADVISOR, DORM FACULTY, PARENTS ARE ALL RESOURCES.

LISTEN SUPPORT 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.