Avoid Exclusion

- Emotional support is vital to all students, especially those who are struggling. Encourage them to seek help if needed.
- Regular check-ins can help you monitor any changes in their behavior.
- If you suspect someone is struggling, don’t hesitate to intervene.

Direct Questions

- Ask if a student is experiencing difficulty in their studies.
- If they respond positively, probe further to understand the nature of the problem.

Safety First!

- Always take immediate action if you suspect self-harm or suicide.
- Encourage students to seek professional help.

Intervention Guidelines

Dealing with distressed students

- If you suspect someone is struggling, don’t hesitate to intervene.
- Encourage them to seek professional help.
- Always take immediate action if you suspect self-harm or suicide.

Academic Changes

- Monitor any changes in their academic performance.
- If they are struggling, offer extra support.

Violence and Aggression

- If someone is aggressive towards others, seek help immediately.
- If a student threatens violence, it may be necessary to contact the authorities.

Isolation and Withdrawal

- Monitor any changes in their social interactions.
- If they become isolated, offer support.

Depression

- If someone is experiencing depression, offer support and encourage them to seek professional help.

Suicidal Thoughts

- If you suspect someone is contemplating suicide, seek immediate help.
- Encourage them to seek professional help.

Drug or Alcohol Abuse

- If someone is using drugs or alcohol, offer support and encourage them to seek professional help.
- Encourage them to seek professional help.

Agitation or Acting Out

- If someone is acting out, offer support and encourage them to seek professional help.
- Encourage them to seek professional help.

ADHD

- If someone is experiencing ADHD, offer support and encourage them to seek professional help.
- Encourage them to seek professional help.

Mental Health Professional

- If you are unsure about how to handle a particular situation, consult a mental health professional.
- They can provide guidance on how to handle the situation.

Confidentiality

- All conversations are confidential.
- If you are unsure about how to handle a particular situation, consult a mental health professional.
- They can provide guidance on how to handle the situation.
Dealing with Distress

University of Massachusetts Lowell

A Guide for Faculty and Staff

Behavior and Disruptive Students

Dealing with Distress

Conduct Code and the Student

Disruptive Behavior

Initiate a Conversation

(Continued)