Keep in Mind

- **Awareness**
  Students in distress may be struggling with academics or personal challenges. Remember that you are in a unique position to identify students who may be in need of help.

- **Communication**
  Sharing your concern directly with the student and reaching out to the campus/community resources are important first steps in the helping process.

- **Connection**
  Students may not be aware of what resources are available or how to find help. It’s OK to check in with students to see how they’re doing. Demonstrating a culture of care and compassion strengthens the campus community.

**On Campus Resources**

**Campus Mental Health Services**
Sinclair 160  
(934) 420-2006  
cmhs@farmingdale.edu

**Health and Wellness Center**
(934) 420-2009  
wellness@farmingdale.edu

**University Police**  
(934) 420-2111  

**Office of the Dean of Students**

**Title IX Coordinator:** Frank Rampello  
Laffin 314  
(934) 420-2104  
dean.students@farmingdale.edu

**Chief Diversity Officer**
Dr. Kevin Jordan  
Horton 130  
(934) 420-2622  
jordankd@farmingdale.edu

**Students of Concern Committee**  
[www.farmingdale.edu/scc](http://www.farmingdale.edu/scc)
Potential Red Flags: What To Look For

**ACADEMIC indicators**
- Sudden decline in quality of work/grades
- Repeated absences
- Disorganized performance
- Multiple requests for extensions
- Overly demanding of faculty/staff time and attention
- Bizarre content in writing/presentations
- Increased need for personal (rather than academic) attention

**PHYSICAL indicators**
- Marked changes in physical appearance (deterioration in grooming or hygiene, significant weight loss/gain)
- Excessive fatigue or sleep disturbance
- Intoxication, hangovers, smelling of alcohol
- Disoriented or ‘out of it’
- Agitation/restlessness

**PSYCHOLOGICAL indicators**
- Self-disclosure of personal distress including family problems, financial problems, suicidal thoughts, grief
- Unusual/disproportionate emotional response to events
- Tearfulness
- Panic reactions
- Irritability or unusual apathy
- Verbal abuse (e.g. taunting, badgering, intimidation)
- Rambling, illogical speech
- Delusions or paranoid statements

**SAFETY RISK indicators**
- Clear anger or hostility
- Physical violence: hitting, shoving, assault, use of a weapon
- Implying or making a 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, or other ‘cries for help’
- Stalking or harassing
- Communicating threats via e-mail, text, or phone calls
Resources + Suggestions

Consider the information below to help refer students to appropriate resources:

Safety First
The priority is always the welfare of the campus community. DO not hesitate to call for help if someone is displaying threatening or violent behavior.

Listen Sensitive and Carefully
Use a calm voice and a non-confrontational approach. Avoid threatening, humiliating, and intimidating responses.

Be Positive
Engage students early on and set limits on disruptive behaviors.

Be Direct
Do not be afraid to ask students directly if they are under the influence of alcohol and/or drugs, feeling confused or depressed, or having thoughts of harming themselves or others.

Follow Through/Follow-up
Ensure the student knows the physical location of the identified resource and, if needed, facilitate the student’s initial visit to the appropriate office. Consider check in to make sure the student’s needs were addressed.

Consultation and Documentation
Always document your interactions with distressed students. Consult with your department chair/supervisor after any incidents of concern. Contact CMHS to discuss in more detail, or consider submitting a Concerning Behaviors Referral Form to the Students of Concern Committee
www.farmingdale.edu/scc

Do... Don’t...
Make time and space available to speak to students Make promises or assurances you can’t keep
Use empathy and active listening skills Try to ‘fix’ every problem
Connect students with available resources Pass judgement or dismiss the student’s needs
Ask for additional help if needed Wait to refer if you have reason to be concerned
Contact campus resources personally Take on the role of the student’s personal helper/aide
The student's conduct is clearly and imminently reckless, disorderly, dangerous or threatening.

Is the student a danger to self or others, or otherwise in need of immediate assistance for any reason?

Yes

Call University Police at (934) 420-2111 or 911

Not Sure/No

The student shows signs of distress, but I'm unsure whether it is serious. I'm left feeling uneasy and concerned. -or- I'm not immediately concerned, but the student is having significant difficulties and needs support.

Consider submitting a Concerning Behaviors Referral Form to the Students of Concern Committee

www.farmingdale.edu/sec

The SCC will then work towards identifying appropriate campus supports to aid the student.

Urgent Psychiatric Services

- Stony Brook University Comprehensive Psychiatric Emergency Program (CPEP) - (631) 689-8333
- Nassau University Medical Center Psychiatric Emergency Department - (516) 572-4775

Go Brochure quick access: visit for a digital and up-to-date version of this brochure

https://www.farmingdale.edu/campus-mental-health-services/index.shtml