

Keep in Mind

o 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.

o Communication

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


o 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


all emergencies

 (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

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/disproportional 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 Sensitively 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

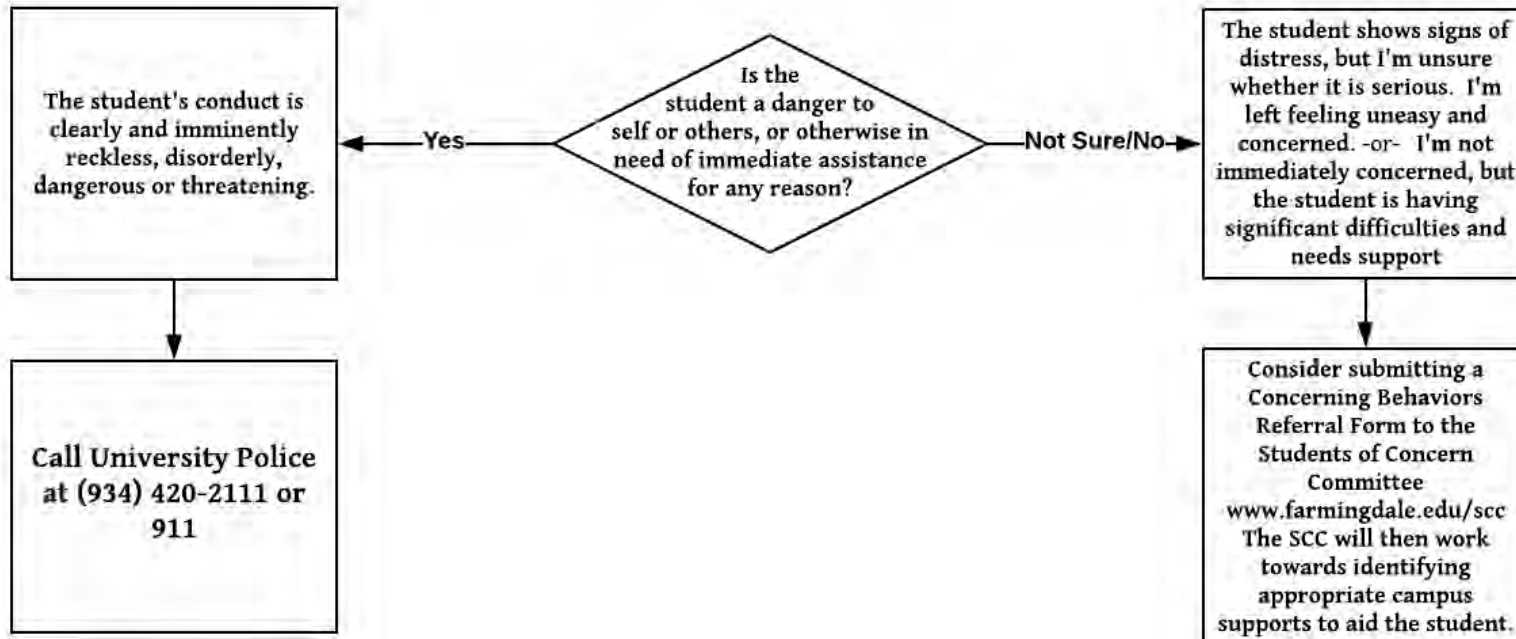
Do...

Make time and space available to speak to students
Use empathy and active listening skills
Connect students with available resources
Ask for additional help if needed
Contact campus resources personally

Don't...

Make promises or assurances you can't keep
Try to 'fix' every problem
Pass judgement or dismiss the student's needs
Wait to refer if you have reason to be concerned
Take on the role of the student's personal helper/aide

Whom to Contact



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>