



Responding to a Student in Distress

Use the chart below to decide how best to support and guide a student to resources when distressed, disruptive, or in crisis.

Is the student a danger to themselves, others, or in crisis?

YES

Behavior is threatening, dangerous or reckless indicating immediate or likely harm to self or others.

**Call 911
and
Campus Safety
(x6911)**

**STAY WITH THE
STUDENT UNTIL
HELP ARRIVES**

NOT SURE

Signs of distress but not sure of severity of behavior. Interaction was uneasy or concerning.

Assist student with connecting to support services. Offer to make a call or walk them over to a service:

- Counseling Center (confidential resource)
- Campus Safety
- 988: Colorado Crisis Line
- (833) 484-6359: virtual mental health support through TimelyCare

NO

Not concerned about immediate safety. Student could use support and follow up from resources.

Encourage student to connect with resources:

- Counseling Center
- Student Support through Student Life Office
- Wellness Resource Center
- Accessibility Resources
- Chaplain's Office

Resources

Emergency Response (available 24/7)	911 988 (Colorado Crisis Line)
Campus Safety (available 24/7)	(719) 389-6911
Timely Care (24/7 mental health support)	(833) 484-6359
Counseling Center (confidential)	(719) 389-6093
Student Life Office	(719) 389-6689
Wellness Resource Center	(719) 389-7316
Accessibility Resources	(719) 227-8285

Additional Confidential Resources

Campus Advocate	(719) 389-8101
Chaplain's Office	(719) 389-6638
Ombuds	ombuds@coloradocollege.edu

Complete a CARE report in all cases for continued campus support

← Scan to fill out online CARE report





Indicators of Distress

Changes in behavior, especially over time, can be a sign of distress or a “cry for help”. Trust your instincts if you begin to feel worried, alarmed, or threatened.

ACADEMIC

- Multiple requests for extensions or incomplete grades
- Change in quality of work
- Repeated absences
- Written work with disturbing content

PHYSICAL

- Apparent changes in mental state, ability to concentrate or overall participation
- Behaviors that do not match context or setting
- Repeatedly appearing sick or unwell
- Significant changes in appearance

INTRA/INTER-PERSONAL

- Expressed feelings of overwhelm, distress, friend/roommate/family problems
- Peers expressing concern
- Acting out of character or drastic changes in interactions
- Signs of self-harm or injury
- Relationship violence, including physical injuries

Support Resources for Students

ACADEMIC

- Advising Hub
- Speaking Center
- Quantitative Reasoning Center
- Writing Center
- Tutt Library
- Accessibility Resources

PHYSICAL

- Student Health Center
- Food Pantry
- Bon App Nutrition
- Campus Recreation (Athletic Trainer)

INTRA/INTER-PERSONAL

- Residential Experience (ResX)
- Ombuds (confidential)
- WRC, Peer Support
- Butler Center
- Counseling Center (confidential)
- Campus Advocate (confidential)
- Chaplain’s Office (confidential)
- Athletics Peer Support

Scan to learn more about academic & wellness student support



WHEN IN DOUBT, REACH OUT

If you are worried about someone, trust your instincts and seek help.

Mandatory Reporting

It is important to note that college employees who are not confidential resources are mandated reporters, meaning any specific information they receive regarding a possible violation of the gender-based discrimination, sexual harassment, and sexual violence policy must be passed along to the Title IX Coordinator. Mandated reporters include faculty, staff, coaches, RAs, and any other college employee.