## **Assisting Students in Distress**

Follow the workflow to determine who to contact when faced with a distressed student.



Office of Student Affairs and Wellbeing saw@hmhn.org

Is the student a danger to self or others, and/or does the student need immediate assistance for any reason?



### "YES"

The student's conduct is concerning, reckless, disorderly, dangerous, or threatening (including self-harm) behavior.



**Call 988** or IHSC Public Safety **(973) 542-6600** 

Stay with student until security officer arrives.



After speaking with IHSC Public Safety, report the concern to Senior Associate Dean of Student Affairs and Wellbeing: Laurie.Sullivan@hmhn.org

> or (862) 660-5019



### "I'M NOT SURE"

The student shows signs of distress, but I am unsure how serious it is. I am very concerned about the student and/or uncomfortable with the interaction we had.



#### **During Business Hours:**

Laurie.Sullivan@hmhn.org

(862) 660-5019

or

Naomi.Ambalu@hmhn.org (862) 660-5017

or

Lindsey.Dedow@hmhn.org (862) 660-5016

#### After Hours/Holidays:

24/7, HMSOM Student
Assistance Program/Optum:
(866) 448-7562 or visit
https://www.liveandworkwell.com/
content/en/member.html





Student is not showing signs of immediate danger; however, I am concerned about their academic and/ or personal issues and they could use some additional support.



Assist students with appropriate campus resources.



	saw@hmhn.org
On Campus Resources	
Senior Associate Dean, Student Affairs and Wellbeing	Laurie.Sullivan@hmhn.org
Assistant Dean, Student Affairs and Wellbeing	Naomi.Ambalu@hmhn.org
Assistant Dean, Advising Student Affairs and Wellbeing	Lindsey.Dedow@hmhn.org
Title IX Coordinator	Diane.Russo@hmhn.org
IHSC Public Safety Office	(973) 542-6600
ComplyLine/Reporting	https://hackensackmeridian.alertline.com
Student Assistance Program	(866) 448-7562 or visit https://www.liveandworkwell.com/ content/en/member.html
Student Accessibility Services	hmsomstudentaccessibility@hmhn.org
<b>Support Services Coordinator</b>	Heather.Mills@hmhn.org
Academic Support	hmsomacademicsupport@hmhn.org
Student Financial Services	sfs@hmhn.org
Team Member Support & Navigation Line	(844) 642-2665
Off Campus Resources	
Local Police Departments:	
Nutley Police Dept.	(973) 284-4940
Clifton Police Dept.	(973) 470-5900
Bloomfield Police Dept.	(973) 680-4141
Montclair Police Dept.	(973) 744-1234
Passaic County Domestic	()

#### Passaic County Domestic (973) 881-1450 & Sexual Violence Center Text 741741 from anywhere in the U.S. to **Crisis Text Line** connect with a trained crisis counselor. https://www.crisistextline.org/ **National Sexual** (800) 656-4673 Assault Hotline https://988lifeline.org/ National Suicide & (Chat function is available) Crisis Lifeline Or dial 988 NJ Hopeline (855) 654-6735

(888) 409-0141

**Physician Support Line** 

# **Assisting Students in Distress**



Office of Student Affairs and Wellbeing

# D-I-S-T-R-E-S-S

D	Displaying warning signs?
_	Inform student of services available
S	Significant concerns/conduct?
Т	Trust your instincts
R	Determine <u>risk</u> factors
Ε	Express concern
S	Say something
S	Seek help



Examples can include the following:

- Social isolation
- Inability to focus on specific tasks or conversations
- Disorganized thinking, speech, & feelings
- Strong mistrust of others
- Changes in personal hygiene
- Difficulty sleeping
- Loss of appetite; weight loss/gain
- Complaints of aches & pains
- Increased risk-taking
- Violent outbursts