

A QUICK RESPONSE FACULTY GUIDE

This guide is designed to help you recognize signs of distress in your students and respond effectively. If you're uncertain about whom to contact, consult the resources provided below.

Supporting Students in Distress

CONCERN LEVEL

SIGNS: Visible distress, crying, irritability, anger, fights/arguments, anxiety, personal loss or traumatic life events, declining academic performance, social withdrawal, increased alcohol and/or drug use

WHAT TO DO: Initiate a conversation with the student, consider utilizing campus resources, or contact BCAL (Behavior Concerns Advice Line) for coordinated university services. A helpful approach is to start a conversation with the student you're concerned about by stating what you've noticed, followed by a question, e.g., "I've noticed you've seemed down recently. Is there anything you'd like to talk about?"

CONTACTS

BCAL: 512-232-5050 or report online at bcal.utexas.edu

COUNSELING AND MENTAL HEALTH CENTER (CMHC): 512-471-3515 (Monday-Friday, 8 a.m.-5 p.m.)

URGENT SITUATION LEVEL

SIGNS: Expressions of hopelessness, talk of suicide or harm to others, being out of touch with reality

WHAT TO DO: If you observe warning signs of suicide, ask the student directly, "Are you thinking about killing yourself?" If the answer is "yes," remain calm, express care and concern, and connect them to a resource. Reassure them by saying, "This is really brave of you to share, and I want you to know I'm here for you. I do need to connect you with someone on campus who can help you through this." Next, get immediate assistance.

CONTACTS:

BCAL: 512-232-5050 or report online at bcal.utexas.edu

CMHC 24/7 CRISIS LINE: 512-471-2255

NATIONAL SUICIDE PREVENTION LIFELINE: 988

Consider escorting the student to the Counseling and Mental Health Center on the 5th floor of the Student Services Building (Monday-Friday, 8 a.m.-5 p.m.).

EMERGENCY LEVEL

SIGNS: Immediate threat of harm to self or others

WHAT TO DO: Seek immediate assistance by calling 911

Behavior Concerns Advice Line (BCAL)

BCAL is designed to provide support for the individual you are concerned about, not to punish them. All reports are handled discreetly and with a reasonable expectation of confidentiality.



bcal.utexas.edu

Counseling and Mental Health Center (CMHC) Crisis Line

Call CMHC 24/7 Crisis Line at 512-471-2255 (CALL) to speak with a crisis counselor anytime.



cmhc.utexas.edu/crisis

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Enhancing the health and well-being of UT Austin students' bodies, minds and lives in support of their academic and personal goals

University Health
Services

healthybodies

Counseling and Mental
Health Center

healthyminds

Longhorn Wellness
Center

healthylives



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