

Assisting Students in Distress

See Something. Say Something. Do Something.

The purpose of this folder is to help you recognize symptoms of student distress and identify appropriate referrals to on and off campus resources.

SEE SOMETHING

MUSC faculty/staff are in a unique position to **identify** and **take action** to help MUSC students in distress.

Students may sometimes feel *alone*, *isolated*, and even *hopeless* when faced with academic and life challenges. These feelings can easily disrupt academic performance and may lead to dysfunctional coping and other serious consequences.

You may be the first person to **SEE SOMETHING** distressing in a student since you have frequent and prolonged contact with them.

SAY SOMETHING

Students exhibiting troubling behaviors in class or online, or who are avoiding class, are likely having difficulties in other settings including with roommates, family, and in work and social settings.

Trust your instincts and SAY SOMETHING if a student's behaviors or comments leave you feeling concerned, worried, alarmed, or threatened.

DO SOMETHING

Sometimes students are reluctant to ask for help. DO SOMETHING! Your expression of concern may be an important factor in getting students the appropriate help and resources.



Changing What's Possible

The Family Educational Rights and Privacy Act (FERPA)

The Family Educational Rights and Privacy Act (FERPA) permits communication about a student of concern in connection with a health and safety emergency.

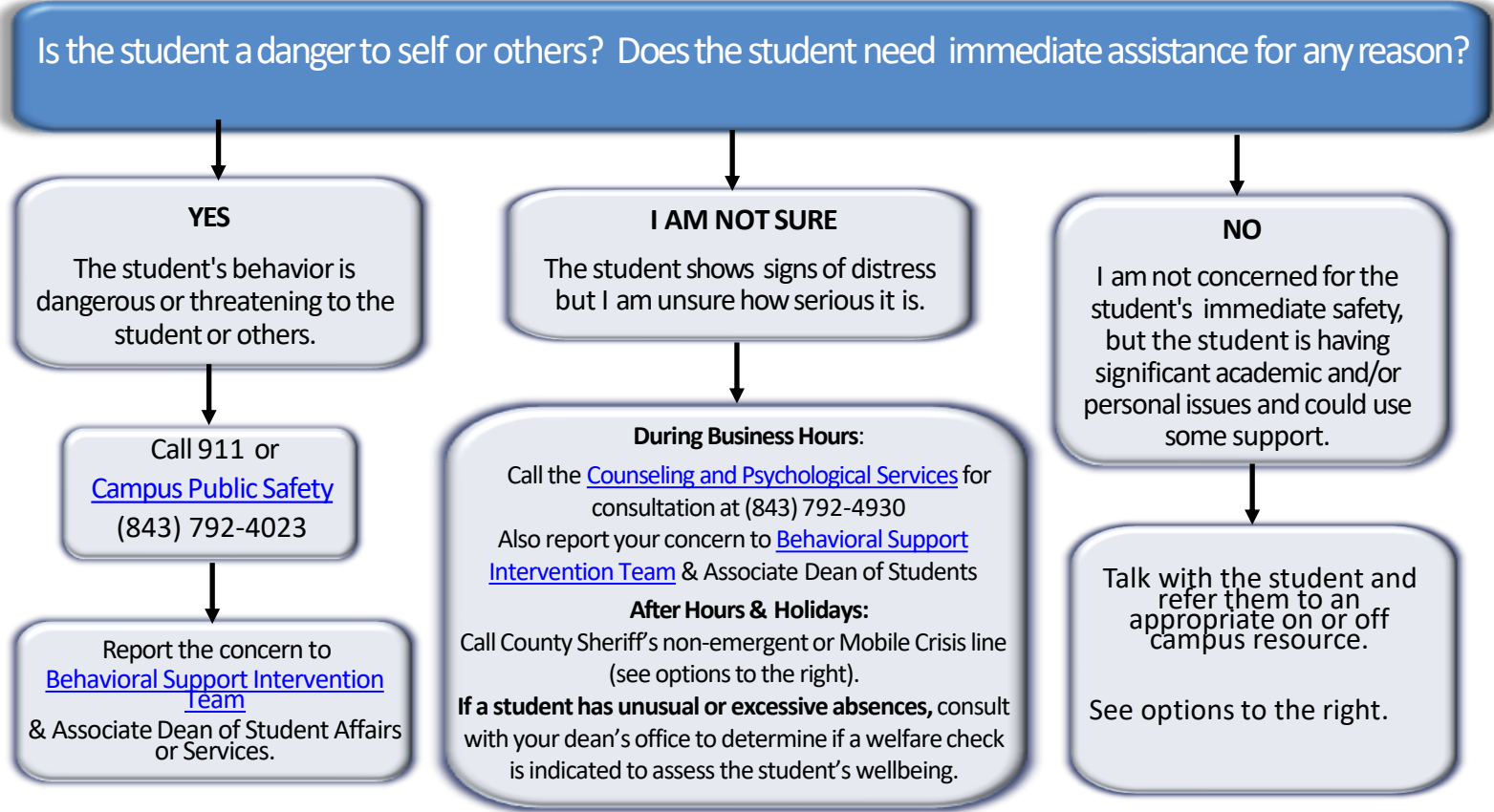
Observations of a student's conduct or statements made by a student are not FERPA protected.

Such information should be shared with appropriate consideration for student privacy.

Academic Indicators	Physical Indicators	Safety Risk Indicators	Other Indicators
<ul style="list-style-type: none">➤ Frequent and/or extended absences➤ Tardiness➤ Trouble concentrating➤ Missing tests➤ Late assignments➤ Change in participation (dominating or avoiding discussion)➤ Frequent requests for extensions or special arrangements➤ Bizarre content in writings or presentations	<ul style="list-style-type: none">➤ Headaches➤ GI complaints➤ Weight loss/gain➤ Change in appearance➤ Change in motor activity or speech➤ Falling asleep in class➤ Poor personal hygiene➤ Disoriented or "out of it"➤ Excessive or too little sleep➤ Intoxication, hangovers, smelling of alcohol	<ul style="list-style-type: none">➤ Suicidal thoughts/statements➤ Homicidal thoughts/statements➤ Unprovoked anger or hostility➤ Irritability or unusual apathy➤ Implying or making a direct threat to harm self or others➤ Stalking or harassing➤ Preoccupation with death or violent acts	<ul style="list-style-type: none">➤ Marked change in mood➤ Persistent unusual thoughts➤ Hopelessness/helplessness➤ Expressions of concern about the student by their peers➤ Self-disclosure of personal distress such as family problems, financial difficulties, contemplating suicide, grief➤ Disorganized performance

Response Protocol

Follow the chart to identify whom to contact when concerned about a student.



On Campus	
Counseling and Psychological Services	843-792-4930
Student Health	843-792-3664
CON Student Services	843-792-8515
COM Student Affairs	843-792-1672
CHP Student Affairs	843-792-4492
GS Student Services	843-876-2410
CODM Student Affairs	843-792-2344
COP Student Affairs	843-792-8451
Center for Drug & Alcohol	843-792-5200
Diversity and Inclusion	843-792-1072
Sexual Assault Nurse Examiners (SANE)	843-860-5508
Title IX	843-792-1282
Behavioral Support Intervention Team	https://education.musc.edu/students/bsit
Call the MUSC paging operator to page the psychiatry resident on-call (Weekends & Holidays Only)	843-792-2123
Off Campus	
National Suicide Prevention Lifeline	988 or 800-273-8255 (TALK), 24/7
National Crisis Text Line	Text HOME to 741741, 24/7
Charleston Sheriff's non emergency line	843-743-7200
Charleston and Dorchester Mobile Crisis	843-414-2350
Berkeley Mental Health and Mobile Crisis	843-761-8282
Charleston Mental Health	843-852-4100
Dorchester Mental Health	843-873-5063
RAINN	800-656-4673
My Sister's House	843-744-3242
Tri-County S.P.E.A.K.S. (formerly People Against Rape)	843-745-0144

Support for faculty, staff, and MUSC employees:

Employee Assistance Program (843) 792-2848