

Assisting Students in Distress

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.

The Family Educational Rights and Privacy Act (FERPA)

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.

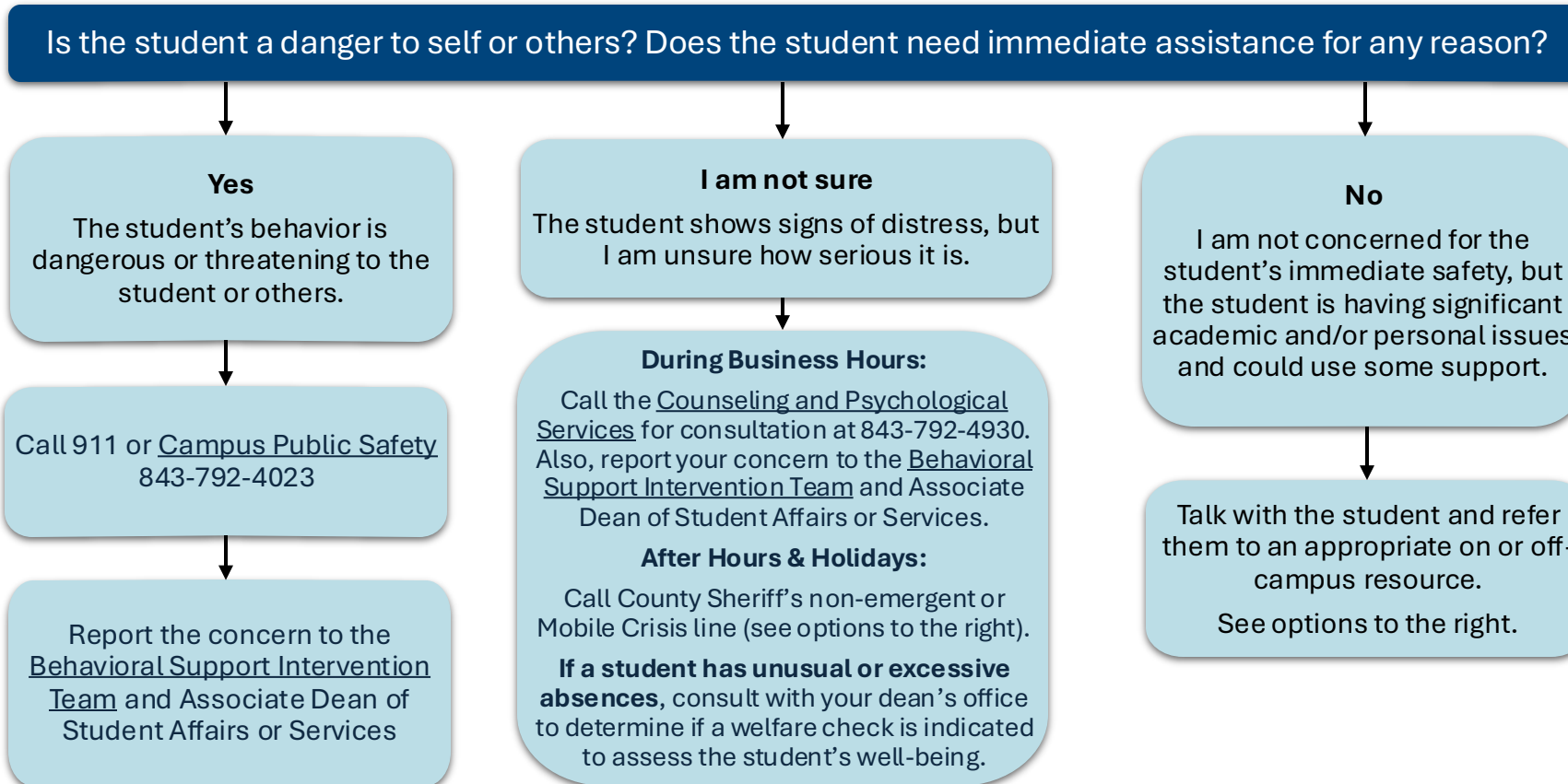
Such information should be shared with appropriate consideration for student privacy.

Academic Indicators	Physical Indicators	Safety Risk Indicators	Other Indicators
➤ 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	➤ 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	➤ 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	➤ 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

Support for faculty and staff is available through the Employee Assistance Program at 843-792-2848.

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 Services	843-792-3664
CON Student Services	843-792-8515
COM Student Affairs	843-792-1672
CHP Student Affairs	843-792-4492
CGS Student Services	843-876-2410
CDM Student Affairs	843-792-2344
COP Student Affairs	843-792-8451
Center for Drug & Alcohol Programs	843-792-5200
Organizational Engagement & Excellence	843-792-1072
Sexual Assault Services	843-860-5508
Title IX Coordinator	843-792-1282
Behavioral Support Intervention Team	
Weekends & Holidays Only: Call MUSC paging operator to page the psychiatry resident on-call	843-792-2123

Off Campus

National Suicide Prevention Line, Available 24/7	988 or 800-273-8255
National Crisis Text Line, Available 24/7	Text HOME to 741741
Charleston Sheriff's Non-Emergency Line	843-743-7200
Charleston and Dorchester Mobile Crisis line	843-414-2350
Berkeley Mental Health and Mobile Crisis line	843-761-8282
Charleston Mental Health Clinic	843-852-4100
Dorchester Mental Health Clinic	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

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Assisting Residents and Fellows in Distress

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

SEE SOMETHING

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

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

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

SAY SOMETHING

Anyone exhibiting troubling behaviors at work 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 someone's behaviors or comments leave you feeling concerned, worried, alarmed, or threatened.

DO SOMETHING

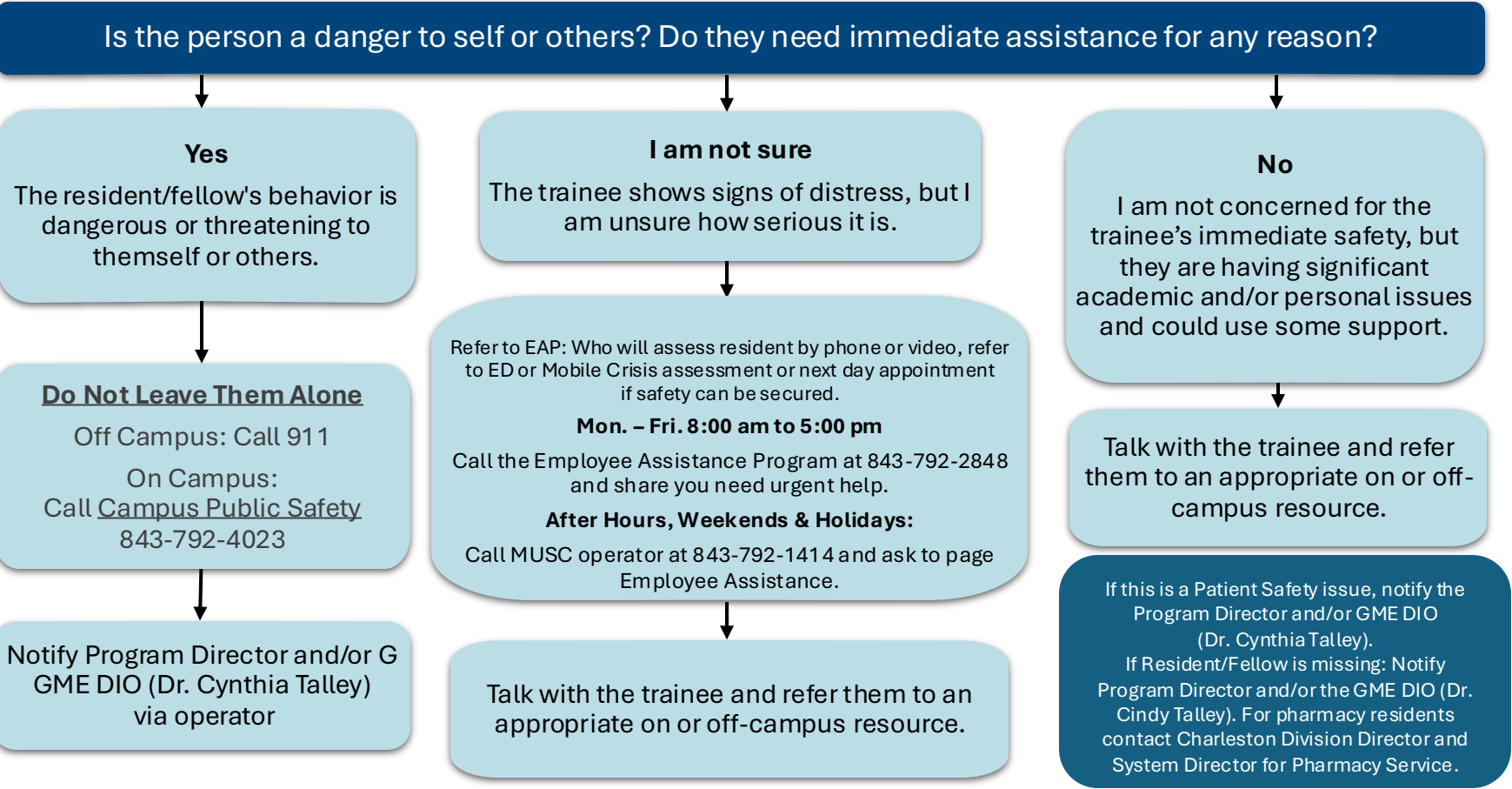
Sometimes people are reluctant to ask for help. **DO SOMETHING!** Your expression of concern may be an important factor in getting them the appropriate help and resources.

Academic Indicators	Physical Indicators	Safety Risk Indicators	Other Indicators
➤ Frequent and/or extended absences ➤ Tardiness ➤ Trouble concentrating ➤ Loss of interest in outcome of patients ➤ Change in participation (dominating or avoiding discussion) ➤ Frequent requests for extensions or special arrangements ➤ Bizarre content in writings or presentations	➤ 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	➤ 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	➤ Marked change in mood ➤ Persistent unusual thoughts ➤ Hopelessness/helplessness ➤ Expressions of concern about them by their peers or anyone interacting with them ➤ Self-disclosure of personal distress such as family problems, financial difficulties, contemplating suicide, grief ➤ Disorganized performance

Support for faculty and staff is available through the Employee Assistance Program at 843-792-2848.

Response Protocol

Follow the chart to identify whom to contact when concerned about a resident or fellow.



On Campus	
Employee Assistance Program	843-792-2848
Center for Workplace Wellbeing	843-608-1196
Center for Drug & Alcohol Programs	843-792-5200
Organizational Engagement & Excellence	843-792-1072
Sexual Assault Services	843-860-5508
Title IX Coordinator	843-792-1282
Weekends & Holidays Only: Call MUSC paging operator to page the psychiatry resident on-call	843-792-2123

Off Campus	
National Suicide Prevention Line, Available 24/7	988 or 800-273-8255
National Crisis Text Line, Available 24/7	Text HOME to 741741
Charleston Sheriff's Non-Emergency Line	843-743-7200
Charleston and Dorchester Mobile Crisis line	843-414-2350
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Dorchester Mental Health Clinic	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

Visit the [MUSC Well-Being Collective site](#) for additional resources.



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