

HOW TO HELP A STUDENT WHO IS IN DISTRESS

ARE THEY IN IMMEDIATE DANGER?

YES



FOR EXAMPLE: They express thoughts of suicide or indicate having a plan for suicide.

IS STUDENT ON UT CAMPUS?

YES



Stay with them and connect them with resources immediately.

Between 8:30 a.m. - 5:00 p.m. call Counseling Services

• (813) 253-6250

After hours call the 24/7 Student Support Line

• (833) 755-0484

NO



Obtain their address and call 911

UNSURE

OBSERVE

Changes in mood, appearance, attendance, performance, etc.

CHECK IN

Talk in private and give the student your undivided attention. A few minutes of effective listening may be enough to help the student feel comfortable about what to do next.

LISTEN TO THEM

Listening in a non-judgmental way can be very helpful and supportive.

24/7 STUDENT SUPPORT LINE

Encourage them to call the Student Support Line at (833) 755-0484.

SPARTAN SUPPORT PROGRAM REPORT

Make a report with the Spartan Support Program by calling (813) 257-3901, email ssp@ut.edu, or submit a report online – [Spartan Support Program Report](#)

GIVE RESOURCES

ADDITIONAL RESOURCES

- Crisis Center of Tampa Bay – (813) 234-1234
- Non-emergency Help Line – Dial 211
- Victim Advocate Line – (813) 257-3900
- Non-emergency telecounseling through Student Insurance – www.counseling4students.com