

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 Center
• (813) 253-6250

After hours call Campus Safety
• (813) 257-7777

NO



Stay with them and call 911 or escort to the ER

UNSURE

FOR EXAMPLE:

You notice 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.

SPARTAN SUPPORT PROGRAM REPORT

Make a report at (813) 257-3901 or online – Search Spartan Support program on UT's website.

COUNSELING CENTER

Offer to help them call Counseling Services (813) 253-6250 or encourage them to go over and make an appointment.

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