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

FOLLOW UP

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

LISTEN TO THEM

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

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