

# STEP UP SPEAK OUT

## Stark Campus Resources

This card will assist you in determining how to respond to distressed, disruptive or at-risk individuals. On the reverse side, you will find the Stark Campus Response Guide, which is divided into three categories: situations requiring immediate assistance, situations requiring some assistance and situations you can address on your own. You will also find signs and symptoms, examples and action steps for each of these categories. Visit [www.kent.edu/stepupspeakout](http://www.kent.edu/stepupspeakout) for more information.

The colored symbols below designate resources that can be utilized in the following types of situations:

- : Requires immediate assistance; imminent risk to self or others
- ▲: Requires assistance; possible risk to self or others
- : Address and make referrals; minimal risk to self or others
- ★: Mental health resources

### STUDENT RESOURCES

#### Adult Services

W: [www.kent.edu/stark/adult-services](http://www.kent.edu/stark/adult-services) ●

#### CARES

E: [starkcares@kent.edu](mailto:starkcares@kent.edu) ▲  
W: [www.kent.edu/stark/cares-team](http://www.kent.edu/stark/cares-team)  
(online submission form available)

#### Counseling Services

P: 330-244-5048 ▲ ● ★  
E: [starkcounseling@kent.edu](mailto:starkcounseling@kent.edu)  
W: [www.kent.edu/stark/counseling-services](http://www.kent.edu/stark/counseling-services)

#### Interfaith Campus Ministry

P: 330-244-3282 ▲ ●  
W: [www.kent.edu/stark/interfaith-campus-ministry](http://www.kent.edu/stark/interfaith-campus-ministry)

#### Campus Security

P: 53333 [on campus] ▲ ●  
P: 330-244-3333 [off campus]  
W: [www.kent.edu/stark/campus-safety](http://www.kent.edu/stark/campus-safety)

#### Student Accessibility Services

P: 330-244-5047 ●  
E: [starksas@kent.edu](mailto:starksas@kent.edu)  
W: [www.kent.edu/stark/student-accessibility-services](http://www.kent.edu/stark/student-accessibility-services)

#### Student Conduct

P: 330-244-3288 ▲ ●

#### Veterans Services

W: [www.kent.edu/stark/veterans-services](http://www.kent.edu/stark/veterans-services) ●

### FACULTY/STAFF RESOURCES

#### Campus Security

P: 53333 [on campus] ▲ ●  
P: 330-244-3333 [off campus]  
W: [www.kent.edu/stark/campus-safety](http://www.kent.edu/stark/campus-safety)

#### Human Resources [Stark]

P: 330-244-3272 ▲ ●  
W: [www.kent.edu/stark/human-resources](http://www.kent.edu/stark/human-resources)  
P: 330-672-2100 (Kent)  
W: [www.kent.edu/hr](http://www.kent.edu/hr)

#### IMPACT Employee Assistance and Work/Life Program

P: 800-227-6007 ▲ ● ★  
W: [www.kent.edu/hr/benefits/employee-assistance-program-impact-solutions](http://www.kent.edu/hr/benefits/employee-assistance-program-impact-solutions)

### 24-HOUR RESOURCES

#### Kent State 24-Hour Hotline

P: 330-244-5188 ● ▲ ★

#### IMPACT Employee Assistance and Work/Life Program

P: 800-227-6007 ▲ ● ★  
W: [www.kent.edu/hr/benefits/employee-assistance-program-impact-solutions](http://www.kent.edu/hr/benefits/employee-assistance-program-impact-solutions)

#### 911

Call first for any red situations, and then notify Security ●

#### Canton Crisis Intervention & Recovery Center

(in-person and phone support/evaluation)  
P: 330-452-6000 ● ▲ ★  
W: [www.circstark.org](http://www.circstark.org)

#### Crisis Text Line

Txt: 4hope to 741741 ● ▲ ★

#### Domestic Violence Project Inc.

P: 330-453-SAFE [7233] ● ▲ ★  
W: [www.domesticviolenceproj.org](http://www.domesticviolenceproj.org)

#### Glenbeigh Alcohol & Drug Treatment Services

P: 800-234-1001 ● ▲ ★  
W: [www.glenbeigh.com/canton](http://www.glenbeigh.com/canton)

#### Jackson Township Police

p: 911 [emergency] ● ▲  
p: 330-382-1553 [nonemergency]

#### National Suicide Prevention Lifeline

P: 800-273-TALK [8255] ● ▲ ★  
P: 888-628-9454 [En Espanol]  
W: [www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx](http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx)  
[Online Chat]

#### Veterans Crisis Line

P: 800-273-8255 [Press 1] ● ▲ ★  
Txt: 838255  
W: [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

### KENT CAMPUS RESOURCES

#### Lesbian, Gay, Bisexual, Transgender and Queer Student Center

P: 330-672-8580 ●  
E: [LGBTQSC@kent.edu](mailto:LGBTQSC@kent.edu)  
W: [www.kent.edu/lgbtq](http://www.kent.edu/lgbtq)

#### Office of Sexual and Relationship Violence Support Services [SRVSS]

P: 330-672-8016 ▲ ●  
W: [www.kent.edu/srvss](http://www.kent.edu/srvss)

#### Women's Center

P: 330-672-9230 ▲ ●  
W: [www.kent.edu/womenscenter](http://www.kent.edu/womenscenter)



STARK

# Stark Campus Response Guide

## Situations You Can Address and Make Referrals

### *Minimal risk to self or others*

#### Types of signs and symptoms:

- Individual does not express or indicate issues of risk to self or others.
- Only a few indicators of distress are evident (e.g., difficulty focusing, troubles with sleep).
- Disrespectful or inappropriate language.
- Visible distress, academic difficulties, sleep or eating problems, emotional outbursts, social withdrawal.
- Issue is typically impacting only one area of the individual's life (e.g., family, academic or social).

#### Examples:

- Individual reports being depressed or anxious and denies suicidal or homicidal thoughts.
- Individual sends an email with profanity demanding immediate response.
- Individual appears to have distorted body image and frequently references a desire to lose weight.
- Student will not put away a laptop when requested by an instructor.
- Student raises voice at the office receptionist and demands assistance.
- Individual is stressed about upcoming exam and discloses history of test anxiety.

#### What you can do: Offer information and resources

- Share your concerns and offer campus and/or community resources that may help with the individual's issue. Consult this card for specific resources.
- Consider following up with the individual to express concern and see if any help is needed getting connected to campus resources. Consider sharing information with the on-campus resource in order to better assist the individual.
- If in doubt, consult with campus resources, your supervisor and/or chair/director.

## Situations Requiring Assistance

### *Possible risk to self or others*

#### Types of signs and symptoms:

- Individual may be at risk to self or others.
- Several indicators of distress are evident (e.g., difficulty focusing, decreased appetite, poor class attendance, can't sleep).
- Expressions of hopelessness.
- Emotional reaction out of proportion to situation.
- Issue is impacting more than one area of an individual's life (e.g., family, academic, social, personal).

#### Examples:

- Individual exhibits behavior that seems disorganized or paranoid. Individual may not be in touch with reality.
- Individual reports a history of self-injurious behavior (e.g., cutting or burning self) and reports the urge to engage in this behavior again.
- Student has not followed an employee's repeated requests to stop the disruptive behavior and is ignoring the employee's request that the student leave the office.
- Individual experiencing a sudden and distressing event (e.g., death of loved one, break up, divorce) and seems emotionally inconsolable.

#### What you can do: Consult with a resource about your concerns

- Inform a distressed individual that you would like to call a mental health resource to obtain guidance about how best to help. Offer to walk with the individual to the Counseling Services office during office hours.
- Contact and share information with CARES and/or Counseling Services for additional support.
- Review "Dealing With Distressed/ Disruptive Individuals" sections of the file folder for guidance.
- If via email, consider emailing resource information to the individual, and copy the resource, such as CARES and/or Counseling Services, on this email. Note in the email that you have copied the resources so they are aware of the situation.

## Urgent Situations Requiring Immediate Assistance

### *Imminent risk to self or others*

#### Types of signs and symptoms:

- Situation presents an immediate threat of harm to self or others (e.g., individual has a weapon, verbal threats are being made).
- Individual discloses intent to harm others or take own life.
- Multiple indicators of distress are evident (e.g., difficulty focusing, decreased appetite or weight loss, poor class attendance, can't sleep and appears exhausted).
- Issue is impacting multiple areas of an individual's life (e.g., family, academic, social, personal).

#### Examples:

- Individual attempts or threatens to cause physical harm to others.
- Individual states that if a situation is not resolved appropriately "you will pay for it."
- Individual threatens immediate danger to self (e.g., threatens to shoot self, take pills, jump off a building).
- Student in the classroom is yelling, does not respond to the instructor's attempts to de-escalate the situation, and begins to throw a chair.
- Individual is unconscious, unresponsive or tells you that pills were ingested.

#### What you can do: Contact an emergency resource

- Call 911 when the individual poses an immediate danger to self or others.
- Notify Security that you have called 911.
- Contact and share information with Security, CARES, and/or Counseling Services for additional support.
- Share documentation and information with your supervisor or chair/director for additional support and consultation.