RESPONDING TO SUICIDE RISK

Warning signs that someone may be at risk of suicide:

- Talking or writing about death, dying, or suicide
- Talking of feeling hopeless or having no reason to live
- Talking about feeling trapped or being in unbearable pain
- Talking about being a burden to others
- Threatening to hurt or kill oneself
- Seeking pills, weapons, or other means to kill oneself
- Giving away personal or prized possessions
- Displaying extreme mood swings
- Taking risks/engaging in reckless behaviors
- Increasing use of alcohol and/or drugs
- Withdrawing from friends and family
- Having made previous suicide attempt(s)

These warning signs may mean that someone is at risk for suicide. This risk may be greater following a tragic event or loss. If the individual has increased his/her use of alcohol or drugs, or the individual is behaving in a reckless or agitated manner, individuals who identify as lesbian, gay, bisexual, transgender, or questioning, as well as veterans, are at a higher risk for suicide.

If you are NOT concerned for your immediate safety or that of others:

- Do not leave someone alone if there is a risk of self-harm.
- Talk to the individual privately and acknowledge his/her feelings.
- Take it seriously and communicate your concern.
- Know that talking to individuals about suicide does not increase their risk.
- Urge the person to seek professional help immediately, and suggest the following:

Kasu Student Resources
Psychological Services, University Health Services
P: 330.672.2497

Counseling and Mental Health Development Center
P: 330.672.2208

University Health Services 24-Hour Nurse Line
P: 330.672.2305

Kasu Faculty/Staff Resources
IMPACT Employee Assistance and Work/Life Program
P: 860.237.6007

Counseling and Human Development Center
P: 330.672.2208

University Health Services 24-Hour Nurse Line
P: 330.672.2305

Kasu Police Services
P: 911 [Emergencies]
P: 330.672.2212 [Non-Emergencies]
W: www.kent.edu/police

Counselor Access Services
P: 330.294.3555
W: www.counselor-access.com

University Health Services 24-Hour Nurse Line
P: 330.672.2305

If you are concerned about the individual’s self-harm outside of business hours, consider the following:

Kasu Police Services
P: 911 [Emergencies]
P: 330.672.2212 [Non-Emergencies]
W: www.kent.edu/police

Counselor Access Services
P: 330.294.3555
W: www.counselor-access.com

University Health Services 24-Hour Nurse Line
P: 330.672.2305

Toll-Free Suicide Prevention Lifeline
800.273.TALK (8255) [Veteran press 1]
The Trevor Project: Preventing Suicide Among LGBTQ Youth
P: 866.488.7386
W: www.thetrevorproject.org

IF YOU ARE CONCERNED FOR YOUR IMMEDIATE SAFETY OR THAT OF OTHERS, CALL 911

Step Up and Speak Out

Care Team Mission

Kent State University’s Care Team is a cross-divisional crisis management committee that collaboratively assesses and coordinates a response to students identified as reasonably posing a potential threat to self, others, or the University community. Referrals to the Care Team may be made by contacting the Dean of Students at 330.672.4090 for a unified institutional response.

Alcohol and Drug Concerns

Services are available for students who are concerned about their alcohol and/or drug use. University Health Services offers an Alcohol and Drug Diversion Program and works with the Office of Student Conduct, Student Legal Services, and local courts and probation services to provide mandated services for Kent State University students. After being seen for a comprehensive assessment, an appropriate intervention plan will be established which may include individual counseling, group counseling, and/or an alcohol or drug awareness workshop. University Health Services can also facilitate referral to community providers for more intensive substance use treatment.

Kent State University Student Resources

Center for Adult and Veteran Services
P: 330.672.7939
W: www.kent.edu/casv

Center for Student Involvement
P: 330.672.2485
W: www.kent.edu/csi

Counselor Behavioral Health
P: 330.672.1447
W: www.counselor-bh.com/portage

Counseling and Human Development Center
P: 330.672.2208
W: www.kent.edu/chdc

Dean of Students
P: 330.672.4550
W: www.kent.edu/deans

Domestic Violence Program
P: 330.672.3837

Early Alert, Office of Student Success
W: www.kent.edu/student-success/faculty/earlyalerts

LGBTQ Center
P: 330.672.8580
W: www.kent.edu/student-lgbtq

Medical Services, University Health Services
P: 330.672.2382
W: www.kent.edu/health

Office of Global Education
P: 330.672.2208
W: www.kent.edu/globaleducation

Office of Health Promotion, University Health Services
P: 330.672.2309
W: www.kent.edu/ohp

Office of Residential Life/Relationship Violence Support Services [888.995.3375]
P: 330.672.8016
W: www.kent.edu/reslife

Office of Student Conduct
P: 330.672.4054
W: www.kent.edu/studentconduct

Office of the Student Ombuds
P: 330.672.2444
W: www.kent.edu/studentombuds

Kasu Police Services
P: 911 [Emergencies]
P: 330.672.2212 [Non-Emergencies]
W: www.kent.edu/police

Psychological Clinic (Kent Hall), Psychology Department
P: 330.672.2372
W: www.kent.edu/caspsychology/kent

Psychological Services, University Health Services
P: 330.672.2307
W: www.kent.edu/health

Psychological Services, University Health Services
P: 330.672.2307
W: www.kent.edu/health

Recreational Services
P: 330.672.4700
W: www.kent.edu/recreational

Residence Services
P: 330.672.1300
W: www.kent.edu/raising

Student Accessibility Services
P: 330.672.2391
W: www.kent.edu/ra

Student Legal Services
P: 330.672.2309
W: www.kent.edu/ls

Student Multicultural Center
P: 330.672.2582
W: www.kent.edu/smc

Women’s Center
P: 330.672.3030
W: www.kent.edu/womenscenter

Kent State University Faculty/Staff Resources

Human Resources
P: 330.672.2100
W: www.kent.edu/hr

IMPACT Employee Assistance and Work/Life Program
P: 860.237.6007
W: www.kent.edu/hr/hrbenefits/help.cfm

24-Hour Referrals & Resources

Counselor Access Services [bilingual counselors]
P: 330.294.3555
W: www.counselor-access.com

Kasu Police Services
P: 911 [Emergencies]
P: 330.672.2212 [Non-Emergencies]
W: www.kent.edu/police

Counselor Access Services
P: 888.273.TALK (8255) [Veteran press 1]
The Trevor Project: Preventing Suicide Among LGBTQ Youth
P: 866.488.7386
W: www.thetrevorproject.org

University Health Services 24-Hour Nurse Line
P: 330.672.2305
DEALING WITH DISTRESSED INDIVIDUALS

What is my role? How can I help?
You may be one of the first individuals to notice that something is wrong or that a person is distressed. Although emotional distress may be expected, especially during times of high stress, you may notice that a person is acting out of character or in ways that are inconsistent with his/her typical behavior. Often, the person’s behavior may cause you to become upset or worried. You may be a resource in times of trouble, and your expression of interest and concern may be critical in helping the individual regain emotional stability. You may also be in a good position to utilize campus and community resources so that appropriate interventions can occur.

Signs of possible distress
- Marked change in performance or behavior
- Excessive absence or tardiness
- Trouble eating and/or sleeping
- Disruptive behavior
- Undue aggressiveness
- Exaggerated emotional response that is disproportionate to the situation
- Depressed or lethargic mood
- Hyperactivity or very rapid speech
- Marked change in personal hygiene
- Excessive confusion
- Dramatic weight loss or gain
- Dependency (e.g., individual spends an inordinate amount of time around you or makes excessive appointments to see you)
- Behavior indicating loss of contact with reality
- Feelings of hopelessness or hopelessness
- References to suicide
- References to homicide or assault
- Isolation from friends, family, or classmates
- Giving away personal or prize possessions
- Preparing for death by making a will and final arrangements

The DOs
- DO trust your intuition,
- DO speak with the individual privately and express your willingness to help in a direct and non-judgemental manner,
- DO let the individual know you are concerned about his/her welfare,
- DO listen carefully to what the individual is upset about, actively listen,
- DO acknowledge the feelings of the individual, help explore options,
- DO point out that help is available and that seeking help is a sign of strength and courage, rather than weakness or failure,
- DO suggest resources; make personal referrals when possible, and call ahead to brief the person,
- DO maintain clear and consistent boundaries and expectations; recognize your own limits,
- DO call 911 if you are concerned for your immediate safety or that of others, or if the individual needs immediate attention,
- DO consult with an appropriate mental health resource if you are concerned for the individual but he/she is not a danger to him/herself (e.g., sexual assault, recent loss); see reverse for resources,
- DO refer an individual to an appropriate campus or community resource for support related to personal or academic issues; see reverse for possible resources.
When in doubt, contact the Dean of Students.

The DON’Ts
- DON’T ignore the unusual behavior,
- DON’T minimize the situation,
- DON’T ignore warning signs about the individual’s safety or the safety of others,
- DON’T promise confidentiality,
- DON’T judge or criticize,
- DON’T make the problem your own,
- DON’T involve yourself beyond the limits of your time, skill or emotional well-being.

IF YOU ARE CONCERNED FOR YOUR IMMEDIATE SAFETY OR THAT OF OTHERS, CALL 911

DEALING WITH DISRUPTIVE INDIVIDUALS

What is disruptive behavior?
Any behavior that interferes with students, faculty, or staff and their access to an appropriate and/or safe educational or work environment is considered disruptive. It is important to note that “disruptive behavior” as defined in this section may differ from classroom disruptions. Policy information regarding classroom disruptions can be found at: http://tinyurl.com/odtp/bud

Examples of Disruptive Behavior
- Behavior that draws inappropriate attention to oneself
- Verbal outbursts (e.g., yelling, screaming)
- Words or actions that intimidate or harass others
- Words or actions that cause others to fear for their personal safety
- Threats of physical assault or violence

How should I deal with a disruptive person?
Disruptive behavior should not be ignored. It is important to remain calm. Remind yourself that the person is upset about the situation—not with you. Tell the person that such behavior is inappropriate and that there are consequences for failing to alter or improve the disruptive behavior. Many disruptive situations involve anger; Recognize that the period of peak anger usually lasts 20-30 seconds. Often, it is best to wait out the initial outburst before addressing the individual. If you feel threatened, seek to remove yourself from the situation or secure appropriate assistance.

Documentation
Disruptive behavior should be documented. After the situation has been resolved, or the current incident has subsided, write a factual, detailed account of what occurred. Use concrete terms; be specific. Share the documentation with the leadership in your administrative unit or academic department.

The DOs
- DO call 911 if there is an immediate threat to the safety of individuals,
- DO actively listen to the person, through the anger,
- DO acknowledge the feelings of the individual,
- DO allow the person to vent and to tell you what is upsetting to him/her,
- Use the silence to allow the person to talk it out,
- DO set limits. Explain clearly and directly what behaviors are acceptable (e.g., “I will be willing to speak with you as long as you lower your voice”) and not acceptable (e.g., “You have a right to be angry but breaking things is not OK”),
- DO be firm, steady, direct, and honest, but also compassionate,
- DO trust your intuition,
- DO focus on what you can do to help resolve the situation,
- DO suggest resources (see reverse); make personal referrals when possible, and call ahead to brief the person,
- DO report the behavior to the leadership in your administrative unit or academic department,
- DO consult with a campus resource (see reverse). If in doubt, contact the Dean of Students.

The DON’Ts
- DON’T ignore the disruptive behavior,
- DON’T interrupt, particularly during the first 20-30 seconds of peak anger,
- DON’T minimize the situation,
- DON’T enter into an argument or shouting match,
- DON’T blame, ridicule, or use sarcasm,
- DON’T touch or become physical,
- DON’T ignore your own limitations.

General Considerations
* If you need immediate assistance in responding to a threat to your safety or the safety of others, call 911.
* If you have any questions about whether a student’s disruptive behavior can be addressed through the university student conduct system, contact the Office of Student Conduct.
* If you need to consult with someone about a student who is disruptive in any educational setting or seems to be showing signs of emotional distress, mental illness, or difficulty in adjusting to college life, contact a mental health resource (see reverse). You may also consider contacting the Dean of Students to discuss a possible referral to the Care Team.
* If you don’t know whether to be concerned about a behavior, contact the Dean of Students at 330.672.6000 for guidance.

It’s our campus. It’s our community. We’re all responsible. Step Up and Speak Out.