**GUIDELINES FOR HELPING A STUDENT IN NEED**

1. **KNOW** the signs of distress
2. **APPROACH** the student with empathy and respect:
   a. Listen carefully and remain calm; show concern interest and understanding.
   b. Avoid advice-giving, minimizing, “fix it” solutions, and invalidating statements.
3. **ASK** the question if you are concerned:
   a. “Have you been feeling bad enough to consider hurting or killing yourself?”
4. **GET HELP:**
   a. Make a referral to a campus resource.
   b. Consult with your supervisor or professor.
   c. Call Counseling and Psychological Services CAPS (858) 534-3755 if you need more assistance.
   d. If you feel this is an emergency, call UCSD Campus police (858) 534-HELP (4357)

**SIGNS OF DISTRESS**

**Changes in Personality/Behavior:**
- Consistent sad, anxious, or empty mood, or mood swings
- High Risk / Dangerous Behavior
- Feelings of hopelessness, guilt, worthlessness
- Loss of interest or pleasure in activities that formerly brought pleasure
- Withdrawal and isolation
- Financial recklessness
- High levels of irritability or anger
- Suicidal thoughts or behavior
- Increased alcohol and/or substance use

**Changes in Performance:**
- Inability to concentrate or make decisions
- Missed or coming late for classes or work
- Excessive procrastination

**Physical Symptoms:**
- Fatigue, listlessness, drowsiness, lack of energy & sleep disturbance
- Change in personal hygiene
- Change in appetite; weight loss or gain
- Agitation, restlessness

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**WHERE TO GO FOR FURTHER ASSISTANCE**

UCSD Counseling & Psychological Services (CAPS) has a number of services available, including free and confidential counseling.

- Visit our website at [http://caps.ucsd.edu](http://caps.ucsd.edu)
- Make a confidential appointment by calling (858) 534-3755
- You can also bring your student to the CAPS central office at Galbraith Hall 190.
- Off-campus assistance is available through San Diego County Mental Health which offers a 24 Hour Crisis Line (800) 479-3339 or the National Suicide Prevention Lifeline (1-800-273-TALK)

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**OTHER CAMPUS RESOURCES**

- Sexual Assault & Violence Prevention Resource Center (SARC): (858) 534-5793
- Campus Police: (858) 534-HELP
- Student Health Services (SHS): (858) 534-3300
- Office of Student Disabilities (OSD): (858) 534-4382
- Office for the Prevention of Harassment & Discrimination (OPHD): (858) 534-8298