

## What should I say to a distressed student?

Listening to the student is essential. Invite the student to express their thoughts and feelings. You can do this by asking questions.

Show concern by saying, "I've noticed you have been missing class often. How have you been?" This shows your interest and will start a dialogue to refer the student to the appropriate services.

Encouraging help-seeking is the goal of your conversation. Help them schedule an appointment with the appropriate resource or, if they consent, walk them over to the appropriate office. Use the interaction guide found under staff resources to refer appropriately.

If the student shares or exhibits behaviors which suggest he or she might harm him or herself, or anyone else, or you feel threatened, immediately call 956-326-2911 or 911. Asking a student if he or she is having thoughts about suicide will not "put the idea" in the person's head.