

RECOGNIZE

SAFETY

- Signs of physical abuse
- Signs of self-injury
- Interpersonal violence
- Unprovoked anger or hostility
- Implying or making a direct threat to harm self or others
- Stalking or harassing
- Disclosure of thoughts of death, suicide
- Verbal abuse (e.g., taunting, badgering, intimidation)
- Unresponsive or altered level of consciousness

ACADEMIC

- Repeated absences and/or decline in quality of work or performance
- Writings/creative work that include disturbing content and/or themes of despair, hopelessness, violence, death or aggression
- Disorganized performance and/or repeated requests for extensions
- Disruptive class conduct
- Frequent utilization of faculty/staff office hours for personal support

PHYSICAL/BEHAVIORAL

- Marked changes in physical appearance
- Excessive fatigue
- Intoxication, hangover, smelling of alcohol, evidence of drug abuse
- Disoriented or “out of it,” out of touch with reality
- Garbled, rambling, tangential, disconnected or slurred speech
- Behavior out of context or out of character for the individual

PSYCHOLOGICAL/INTERPERSONAL

- Self-disclosure of personal distress – family problems, financial difficulties, grief, shame
- Excessive tearfulness, panic reactions, irritability or unusual apathy
- Feeling hopeless and helpless
- Expressions of concern about the student by peers
- Concerning interpersonal communication style (e.g., withdrawn or agitated, mutters under breath, slow response time to questions)
- Delusions and paranoia

RESPOND

SAY WHAT YOU SEE:

- Be direct
- Stick to the facts
- Don't make assumptions
- Describe the changes you have noticed
- Ask if they are okay
- Listen!

SHOW YOU CARE:

- Let them know you are there for them
- Be patient and listen
- Maintain eye contact
- Offer help where you can
- Ask what they need
- Remove distractions
- Summarize what they say

HEAR THEM OUT:

- Listen!
- Provide a space to be heard
- Be curious, ask questions
- Be present and patient
- Let them know they are not alone
- Affirm their feelings

CONNECT TO HELP:

- Determine the need and resources
- Reaffirm your support and care
- Connect them to resources
- Follow up



Yeshiva University

**RED
FOLDER
INITIATIVE**

A guide to help recognize,
respond to and refer distressed
students at Yeshiva University.

1 If the situation requires immediate assistance (emergency)

The student is at immediate risk of harming self or others, is incoherent or unresponsive, is in extreme distress, or is causing extreme distress to others. I do not feel comfortable with the student being alone. Or, I have significant concerns about this student and cannot determine if they are at imminent risk.

Next steps:

If on campus, call campus security

WILF: 212.960.5200

BEREN: 646.592.4660

If off campus, call 911 or Hatzalah.

Do not leave student alone. Notify the counseling center if incident takes place during work hours

BEREN: 646.592.4210

WILF: 646.592.4200

2 If the situation requires assistance (not an emergency)

This is not an emergency; however, the student is showing signs of distress, and the issue is impacting multiple areas of the student's life. I am concerned about them and want to get them more help soon.

Next steps:

Help the student get in touch with the counseling center. You can bring them there yourself or help them book an appointment online.

Or, reach the counseling center directly by phone during work hours

BEREN: 646.592.4210

WILF: 646.592.4200

and by email during all hours
counseling@yu.edu.

3 If the situation is not concerning and you can handle it

I'm not concerned for the student's immediate safety, but I believe they are struggling with academic and/or personal issues and could benefit from some additional support.

Next steps:

Suggest that the student meet with someone from the Counseling Center and help them schedule their appointment. Keep an eye out for student and keep track of their progress to make sure the situation is not worsening.



SUGGESTED PHRASES TO USE WHEN SPEAKING TO A STUDENT IN DISTRESS

I've noticed you haven't been yourself lately, and I just wanted to check in.

I care about your well being, not just your grades, and I'm here to support you in any way I can.

I've noticed some changes in your work/attendance, and I want to make sure you're okay.

Please know that it's okay to ask for help, and there are resources available to support you.

I want to ensure you have the support you need. Is there anything specific you'd like to share or discuss with me?