

STRESS

SIGNS/SYMPTOMS

- Bad mood (irritable, impatient, sad)
- Lacking energy (with sports or in classroom)
- Insomnia or excessive sleepiness
- Lack of enjoyment
- Unable to relax, fidgety
- Physical complaints (headaches, digestive issues, muscle tension)
- Tearfulness or crying
- Recurring habits causing damage (skin picking, hair pulling, nail biting)
- Conflict or disturbances in groups

DISTRESS

SIGNS/SYMPTOMS

- Sudden changes in regular behavior (sociability, talkative, eating, sleeping, partying, emotionality, work capacity, substance abuse)
- Deterioration of work or GPA
- Multiple absences or lateness
- Significant weight change
- Expression of intense emotions (rage, anxiety, hopelessness, loneliness)
- Decline in appearance or hygiene
- Upsetting events (family issues, death of loved one, end of relationship)

CRISIS

SIGNS/SYMPTOMS

- Suicidal statements or attempts
- Extreme emotions (uncontrolled rage, anxiety to the point of panic attacks)
- Inability to communicate (garbled speech, making no sense)
- Loss of contact with reality (hallucinations, bizarre beliefs)
- Experiencing trauma (injury, sexual assault)
- Impulsive or aggressive tendencies
- Easy access to lethal methods

HOW TO HELP

- **To support Student-Athletes:** contact the Athletics Academic Coach @ **443-394-9781** or contact the Student's individual coach
- **To support Residential Students with conflicts, lack of belonging, or loneliness:** contact Residence Life @ **443-334-2588**
- **To support Students expressing stress related to their careers, job search, or future plans:** contact the Career Connections Center @ **443-352-4477**
- **To support Students with academic concerns:** contact a Student Success Coach and/or advisor @ **443-352-5880**
- **To help a Student make a counseling or health appointment:**
 - **Contact the Wellness Center @ 443-352-4200** (Monday – Friday, 9 a.m. – 5 p.m.)
 - **Or, contact Fonemed, the 24/7/365 nurse triage, @ 800-245-4691**

Both resources offer confidential services and assistance with connecting to a counselor
- **Encourage Students to seek support from their family, friends, or faith community**

HOW TO HELP

DURING REGULAR WELLNESS HOURS (MONDAY – FRIDAY, 9 A.M. – 5 P.M.)

- **Call Campus Safety @ 443-352-4500** and tell them you are handling an urgent matter – Campus Safety will respond and accompany the Student to the Wellness Center to meet with a counselor or provider
- **Or, if staff or faculty are comfortable, they can walk the Student to the Wellness Center for evaluation**
- **Never have a Student walk themselves to the Wellness Center**

AFTER REGULAR HOURS (OUTSIDE MONDAY – FRIDAY, 9 A.M. – 5 P.M.)

- **Call Campus Safety @ 443-352-4500** – Campus Safety is staffed 24/7/365
- **Call 911**
- **Or, contact Baltimore County Mobile Crisis @ 410-931-2214** for 24/7 emergency evaluations

SUGGESTIONS FOR INTERVENING

- Speak with the Student in a private space
- Listen carefully without interjecting or responding
- Discuss your observations and perceptions frankly and honestly
- Ask about self-harm or harm to others
- Clarify your limits and make referrals as appropriate (refer to **HOW TO HELP** boxes)
- Do not promise confidentiality
- Acknowledge inappropriate or strange behavior without judgment