Our students present to the Counseling Service with Anxiety Disorders, Mood Disorders, Substance Abuse Disorders, Identity Disorders, Bereavement, Adjustment Disorders, Eating Disorders, Self Injury, Suicidal Ideation, Trauma (sexual or physical abuse – current or historical, domestic violence, relationship violence, combat violence) Crisis Counseling and Management, Psychotic Disorders and Academic concerns.

**What to look for**

**Students with signs of severe problems or dangerous behaviors

-profound depression
-thoughts of suicide
-self injury (cutting)
-frightening anger and/or threats of violence toward others
-active anxiety attacks
-cognitive confusion, disorientation
-signs of excessive alcohol or drug use**

Excessive procrastination, decreased quality of work, frequent office visits – which may indicate dependency - listlessness, sleeping in class, marked change in hygiene, impaired speech or disjointed thoughts, threats regarding self or others, marked changes in behavior, flat affect, intense affect, incongruous affect, crying, inability to describe own emotions, agitation or quick to anger, response that is disproportionate to the situation, under-responding to academic notice, absence from class, and lack of follow through.

**What you can do**

If you notice a student who concerns you, approach them. Allow ample time to talk to the student privately about what you have observed, not what you suspect. Avoid accusations and be open minded versus judgmental. Listen carefully and actively to the student. If your intuition tells you there may be more going on, probe a bit further. If you think they might be feeling overwhelmed and hopeless, ask about their safety. Ask if they have been thinking about suicide. Express your concern. Convey your respect for the student and your interest in his/her well-being. Offer help in connecting them with appropriate resources, especially if they confirm suicidal thoughts.

**Resources available**

Counseling Services 512-863-1252

Health Services 512-863-1252

Student and Residence Life 512–863-1582

Dean of Students 512-863-1624

Center for Academic Success 512-863-1286

Disability Services 512-863-1536

Religious Life 512-863-1527

SUPD 512-863-1944

After hours or weekend emergencies – contact SUPD at 512-863-1944 or the SU operator 512-863-6511 to be connected with the counselor on call.

**Hotline Numbers**

Suicide Prevention Hotline – 800-273-8255

Nationwide Addiction Hotline – 800-559-9503

LGBTQ or TrevorLifeline suicide prevention hotline – 866- 488-7386 – Lesbian, Gay, Bisexual, Transgendered hotline excellent at addressing concerns particular to this population.

RAINN – 800-656-HOPE (4673) – Rape, Abuse and Incest National Network

Please be aware that unless a student signs an Exchange of Information form the Counseling Service cannot inform you if the student is receiving services. We can however, listen to any information you want to provide. We are also available for consultation.