

# HOW TO

# HELP A STUDENT

# IN NEED

- RECOGNIZE**
  - Familiarize yourself with signs of distress.
- OFFER SUPPORT**
  - Ask questions and listen.
  - Show concern, interest and understanding.
  - Ask about self harm, if you're concerned.
- CONNECT TO RESOURCES**
  - Refer the student to CAPS.
  - In an emergency, call UCSD Campus police (858) 534-HELP (4357).
- COMMUNICATE**
  - To consult with an urgent care psychologist about your concerns, call CAPS.
  - Inform the Principal Administrator.
  - Notify your supervisor.

#### PRINCIPAL ADMINISTRATORS:

REVELLE: 534-3493	MUIR: 534-3587
MARSHALL: 534-4390	WARREN: 534-1720
ROOSEVELT: 534-2237	SIXTH: 822-5953

OFFICE OF GRADUATE STUDIES: 534-3871
SCHOOL OF MEDICINE: 534-3700
SKAGGS SCHOOL OF PHARMACY: 822-5581

## OTHER RESOURCES:

Campus Police: (858) 534-HELP or 911 from a campus phone

Office of Student Disabilities (OSD): (858) 534-4382

Office for the Prevention of Harassment & Discrimination (OPHD): (858) 534-8298

Office of the Ombuds: (858) 534-0777

Sexual Assault & Violence Prevention Resource Center (SARC): (858) 534-5793

Student Health Services (SHS): (858) 534-3300

San Diego County Mental Health (24/7) (800) 479-3339

National Suicide Prevention Lifeline 1 (800) 273-TALK

## SIGNS OF DISTRESS:

### SAFETY RISKS

- Physical violence
- High risk / dangerous behavior
- Suicidal thoughts or behavior
- Communicating threats
- Increased alcohol and/or substance use

### CHANGE IN BEHAVIOR

- Sad, anxious, empty mood, or mood swings
- Hopelessness, guilt, worthlessness
- Loss of interest or pleasure in activities
- Withdrawal and isolation
- Financial recklessness
- High levels of irritability or anger
- Unusual apathy

### CHANGE IN PERFORMANCE

- Inability to concentrate or make decisions
- Missed or coming late for classes or work
- Excessive procrastination
- Disorganized

### PHYSICAL SYMPTOMS

- Fatigue, lack of energy or sleep disturbance
- Change in personal hygiene
- Change in appetite; weight loss or gain
- Agitation, restlessness
- Delusions and paranoia

## CONNECT TO CAPS:

UCSD Counseling & Psychological Services (CAPS) has a number of services available, including free and confidential counseling. [caps.ucsd.edu](http://caps.ucsd.edu)

Make a confidential appointment by calling: (858) 534-3755

The CAPS central office is located at Galbraith Hall 190.



**CAPS**  
UC SAN DIEGO