HELPING STUDENTS IN DISTRESS
Quick Reference Guide

This resource will help you recognize a student in distress. Responding with care and concern is a critical factor in supporting a healthy campus community.

Possible indicators of distress
- Significant changes in mood, behaviour, or appearance
- Appears agitated, sad, worried, or anxious
- Expresses hopelessness or references suicide or self-harm
- Mental health appears to be significantly deteriorating
- Current or past experience of violence or trauma

For more information, visit ucalgary.ca/wellness-services/helping-others

Immediately report the following situations:
- Violent or destructive behaviour
- Immediate safety concern related to suicide thoughts or behaviors
- Medical emergency, including drug or alcohol poisoning
- Aggressive or threatening behaviour with high risk of harm

CAMPUS SECURITY 403.220.5333
CALGARY EMERGENCY SERVICES 911