Resources

- The Dean of Students Office 410.617.2842
  http://www.loyola.edu/department/studentdevelopment.aspx
- Dean of First-Year Students and Academic Services 410.617.5547
  http://www.loyola.edu/department/firstyearprograms
- Counseling Center 410.617.5109
  http://www.loyola.edu/department/counselingcenter/
- Campus Safety 410.617.5911 or 410.617.5311
  http://www.loyola.edu/publicsafety
- Campus Ministry 410.617.2768
  http://www.loyola.edu/department/campusministry.aspx
- Alcohol and Drug Education Support Services 410.617.2928
  http://www.loyola.edu/campuslife/healthservices/adess/index.html
- Student Life 410.617.2488
  http://www.loyola.edu/studentlife
- Disabilities Support Services 410.617.2062
  http://www.loyola.edu/dss/index.html
- ALANA Services 410.617.2310
  http://www.loyola.edu/department/alana.aspx
- Health Center 410.617.5055
  http://www.loyola.edu/department/studenthealth.aspx
- Academic Advising and Support Center 410.617.5050
  http://www.loyola.edu/department/aasc.aspx
- Graduate Student Services 410.617.2353
  http://www.loyola.edu/department/gradservices.aspx
- Bias Reporting 410.617.5171
  https://inside.loyola.edu/reportbias/form.html

Listening with Intent, Responding in Mission
Recognizing and Responding to Students in Distress
A Guide for Faculty, Administrators, and Staff

Dean of Students Office
Students who are suffering from emotional distress may exhibit the following warning signs:
- Change in academic performance
- Increase in class absences
- Lack of motivation
- Change in degree of class participation
- Social withdrawal
- Impulsivity
- Marked change in personal hygiene
- Falling asleep in class
- Confrontational/Disruptive behavior
- Exaggerated response to typical events

Students who may be experiencing an emotional crisis may manifest some of the following behaviors/gestures:
- Engagement in destruction of property
- Significant weight loss or weight gain
- Expression of suicidal tendencies
- Suicide attempt
- Disassociation from reality
- Visual or auditory hallucinations
- Tearfulness
- Panic attacks

RESPONDING TO STUDENTS IN DISTRESS...
- Remain calm
- Initiate contact
- Meet with the student at a time when interruptions will be limited
- Be present to the student and avoid preoccupation with other events
- Remain non-judgmental
- Avoid criticism
- Refer student to the appropriate on-campus resource
- Reiterate your support and instill hope
- Follow-up with the student
- If necessary, walk the student to the Counseling Center
- If the situation is emergent, contact campus police

***Note on Reporting Sexual Assault***
If a student informs you of a sexual assault you are obligated to report the incident immediately to both the Dean of Students Office (410.617.2842) and Public Safety (410.617.5911).

DID YOU KNOW THAT...
Loyola University Maryland has a Student Concerns Committee that includes representatives from:
- The Dean of Students Office
- Student Life
- Dean of First-Year Students and Academic Services
- ALANA Services
- Disability Support Services
- Alcohol and Drug Education Support Services
- Health Center
- Counseling Center
- Student Support Services

Members of the committee review and respond to students who have demonstrated visible signs of emotional distress within the university community.

The Counseling Center offers:
- Individual Counseling
- Group Counseling
- Crisis Management
- Relaxation Resources
- Wellness and Stress Assessment Services
- Outreach and Prevention Programs
- Consultation Services for faculty and staff

.REACT on-line is an interactive program about responding positively after a crisis or traumatic event. [https://reactonline.loyola.edu/online/](https://reactonline.loyola.edu/online/)
Content will remain confidential.

Campus Ministry offers both spiritual and personal support to students by making every effort to meet with students personally.

The Dean of Students Office follows up on all bias reports. It is our shared responsibility to stop discrimination and bias when we witness such behavior.

***Recognize, Reject, and Report Bias***