

# BIG RED CARD

SIDE A

## RESPONDING TO STUDENTS IN DISTRESS

**IS THE STUDENT IN  
IMMEDIATE DANGER?**

FOR EXAMPLE: Has the student expressed thoughts  
of suicide, self harm, or harming others?

**YES**

**NO**

**IS THE STUDENT ON  
CAMPUS DURING  
BUSINESS HOURS?  
(M-F | 9 AM - 5 PM)**

**SEE REVERSE SIDE  
FOR FURTHER  
INSTRUCTIONS**

**YES**

**NO**

**DO NOT  
LEAVE STUDENT ALONE  
CONTACT THE COUNSELING CENTER:  
203 - 371 - 7955  
OR  
Walk student over to  
Wellness Center**

**CONTACT PUBLIC SAFETY  
203-371-7911  
Public Safety can contact  
a crisis counselor on call**

# BIG RED CARD

SIDE B

## RESPONDING TO STUDENTS IN DISTRESS

STUDENT IS NOT IN DANGER  
BUT IS IN DISTRESS

FOR EXAMPLE: Student has had noticeable change in mood, appearance, performance, behavior, crying, etc.

### START WITH THESE STEPS

VALIDATE - APPRECIATE - REFER

V

Validate Students Experience:  
EX. "This must be very difficult for you"

A

Appreciate Student For Seeking Help:  
EX. "Thank you for you reaching out"

R

Refer Student to Appropriate Resource:  
Is this academic, career, res life, mental health, etc? Utilize resources of most appropriate department based on issue.

STILL NOT SURE?

Consult a Supervisor



Contact the  
Counseling Center

Make a Student  
Care Team Referral

