

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

