

VolAware

MENTAL HEALTH AWARENESS,
WELLNESS, AND SUICIDE PREVENTION

FACULTY *and* STAFF

PROTOCOL
for HELPING
DISTRESSED
STUDENTS

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WELLNESS, AND SUICIDE PREVENTION

THE UNIVERSITY of
TENNESSEE **UT**
KNOXVILLE

The goal of this protocol is to foster student success and well-being. This protocol was developed as a guide for faculty and staff in helping distressed or distressing students.

STUDENT BEHAVIORS

You may want to refer a student to get help if you observe the following:

- Excessive or inappropriate anger
- Behavioral or emotional changes
- Withdrawal
- Change in hygiene or appearance
- Alcohol or drug abuse
- Expressing unusual thoughts
- Exhibiting unusual behaviors
- Decline in academic performance

FACULTY/STAFF REACTIONS

When a student is distressed, you may experience:

- Feeling uncomfortable or uneasy
- Feeling alarmed or frightened
- Feeling that something is not right
- Concern about a student's ability to function
- Worry about a student's comments or behavior

PROTOCOL

If a student's behavior represents an immediate threat, call 911.

If the threat is not immediate, but you are concerned the student may harm self or others, call (865) 974-HELP (4357).

CASE MANAGEMENT TEAM

The case management team was formed to assist students at risk. The team is co-chaired by the Office of the Dean of Students and the Counseling Center. Members of the team include representatives from:

- Disability Services
- Safety, Environment, & Education (SEE) Center
- Student Health Center
- Student Judicial Affairs
- Student Success Center
- University Housing
- UT Police Department

THREAT ASSESSMENT TEAM

In extreme cases, a threat assessment team comprised of a subset of the representatives from the Case Management Team may be convened to address immediate safety concerns.

QPR AND QPR+ TRAINING

QPR—**Question, Persuade, and Refer**—is a training program aimed at suicide prevention. It provides techniques on direct and effective questioning of the suicidal individual, how to persuade someone to get help, and how to refer someone to the appropriate professional.

QPR+ includes the QPR training with added information about the University of Tennessee's protocols for helping distressed students. QPR+ expands the information provided to cover issues beyond suicide and depression.

For more information or to schedule training, call (865) 974-2196 or visit www.utk.edu/counselingcenter.

RESOURCES

Office of the Dean of Students
(865) 974-3179

Counseling Center
(865) 974-2196

Disability Services
(865) 974-6087

Mobile Crisis (if student is 18 or older)
(865) 539-2409

Student Health Center
(865) 974-3135

Student Judicial Affairs
(865) 974-3171

Tennessee Governor's Academy*
(865) 946-3677

UT Police Department
(865) 974-3111

Youth Villages (if student is 17 or younger)
(865) 560-2598 or (866) 791-9225

*If the student is in the Tennessee Governor's Academy (TGA), please contact TGA as well as the Office of the Dean of Students.

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