

# FACULTY AND STAFF

## CRISIS INTERVENTION GUIDELINES

A crisis occurs when a student is unable to cope with the challenging circumstances that arise in their life. The more helpless a student feels, the greater the sense of urgency about the crisis. As a result of the crisis, the student may feel depressed, anxious, hostile, or ashamed. **A psychological emergency may occur when a person is:**

- Suicidal
- Homicidal
- Gravely impaired:
  - unable to maintain activities of daily living
  - not in control of their behavior
  - hallucinations
  - disorientation
  - extreme hyperactivity
- Physically assaulted or witnesses an assault
- Sexually assaulted
- Fears for their life or the life of someone they know
- Physically, emotionally, or sexually abused
- Experienced recent death of a friend or family member

If you encounter a student experiencing a crisis, there are things that you can do to support them:

1. Let the student know you recognize they may be experiencing some distress, and you would like to know how to support them.
2. Provide the student with appropriate resources available on or off campus for support and, whenever possible, offer a warm hand-off to services the student reports interest in.

Be aware of your limits when working with students in distress and when you are stepping out of your scope of practice in providing support.