

Saint Louis University Faculty & Staff Guide for Responding to Students of Concern



SAINT LOUIS
UNIVERSITY
— EST. 1818 —

DEAN OF STUDENTS OFFICE

Framed in the Ignatian hallmark of *Cura Personalis* (care of the Whole Person) the Dean of Students Office (DOS) team strives to assist students and their families in successful navigation of the SLU experience. We strongly encourage the promotion and development of a healthy mind, body, and spirit to help ensure retention and student success.

How DOS Helps Students:

- Supports students in crisis
- Helps students navigate campus resources and provide referrals
- Sends emergent and academic notifications to faculty & staff
- Engages parents and families in support of their students

Dean of Students Office

Busch Student Center, Suite 356

314-977-9378

deanofstudents@slu.edu

Visit us at <https://www.slu.edu/student-development/dean-of-students/>

HOW TO REPORT A STUDENT OF CONCERN

Distressed Students

Behavior that causes one to feel concerned, upset, or worried about a student

Contact Dean of Students Office at 314-977-9378 or complete an incident report form*

Disruptive Students

Behavior that interferes with or interrupts the education process or the normal business functions of the university

Contact Student Responsibility & Community Standards at 314-977-7326 or complete an incident report form*

Dangerous Students

Behavior that creates a reasonable fear for the student's safety, or the safety of others

Contact Department of Public Safety immediately at 314-977-3000 or call 911

*Complete an

incident report at

incidentreport.slu.edu



MENTAL HEALTH FIRST AID

A | Assess Warning Signs

- Major changes in mood/behavior
- Withdrawal
- Troubling communications
- Suicide Risk Factors
- Expressions of losing hope or worthlessness
- Increased drug/alcohol use
- Organizing a plan
- History of mental illness

L | Listen Non-judgmentally

- Active listening skills
- State observations, such as "you look tired, sad, or angry"
- Avoid providing opinions and controlling the discussion
- Listen and restate until demonstrated understanding
- Receiving confirmation that they understand

G | Give Reassurance & Information

- Avoid making promises or predictions, but reassure that you care and will support
- Provide information on where to seek help

E | Encourage Help Seeking & Refer

- Magic Question:** "What would need to happen for you to seek help?"
- Know campus resources
 - Ask about comfort with seeking help
 - Volunteer to help call or present to help for a good "hand off"

E | Encourage Self Help & Support Strategies

- Exercise, restorative sleep, behavior activation
- Connect to friends, groups, organizations
- Scheduling & Organizing
- Ask if you can follow up & check in again
- Listen & Inquire
- Express concern in a non-judgmental way
- Know how/when to refer
- Not everyone will need psychotherapy or medication
- Recommend, but don't require

RESOURCES

Title IX

DuBourg Hall, Room 36
314-977-3838

Campus Ministry

Wuller Hall

314-977-2425

Department of Public Safety

Wool Center, Room 114

314-977-3000

Student Responsibility &

Community Standards

Wuller Hall, 2nd Floor North

314-977-7326

University Counseling Center

Wuller Hall, 2nd Floor

314-977-8255

Student Health Center

Marchetti Tower East

314-977-2323

Disability Services

Busch Student Center, Suite 331

314-977-3484

Institutional Equity & Diversity

DuBourg Hall, Room 36

314-977-3838

When you see a behavior of concern, say something.

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