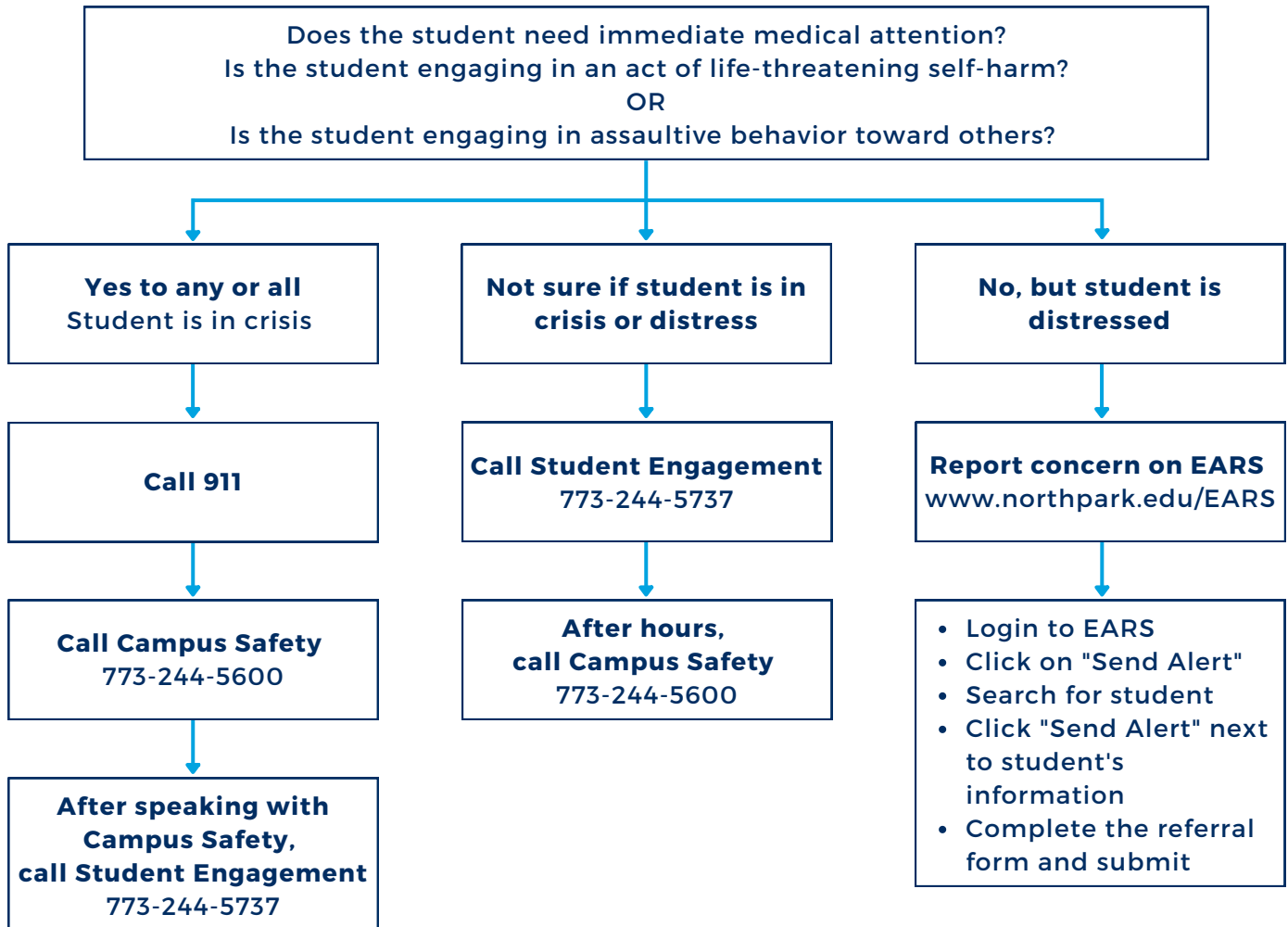


DISTRESSED STUDENT PROTOCOL



As a North Park community member, you are in a position to recognize changes that characterize a distressed student. Encouraging and helping a student seek assistance with the appropriate campus resources is essential.

Signs of Crisis

- Suicidal, homicidal thoughts, plans, or intentions
- Loss of contact with reality or irrational thinking
- Bizarre, odd thoughts or disorganized speech
- Highly disruptive behavior
- Fighting or assaultive behavior
- Severe effects of alcohol or drug use
- Medical emergency (e.g., fainting, chest pain, difficulty breathing, etc.)

Signs of Distress

- Decline in academic performance
- Several absences from class or meetings
- Changes in mood, appetite, or sleep
- Withdrawal from friends or daily activities
- Change in hygiene or appearance
- Alcohol or drug abuse
- Hyperactivity or rapid speech
- Unusual or exaggerated emotional response to events

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