

If You're Concerned: Care & Share.

Sometimes you might have concerns about the behaviors of classmates and/or friends. *If you're concerned, remember to care and share.*

You can show you care best by talking to your friends and sharing the concern with people who can help.

Some Signs of Emotional Distress

- Failure to attend class, complete assignments, participate in discussion, or other academic difficulty
- Extreme sadness, agitation or anxiety disproportionate to the circumstances
- Withdrawal from friends and former activities
- Inability to concentrate
- Difficulty coping with a loss or other stressors
- Change in sleep, eating, and/or personality
- Discomfort with minor changes in routines or plans

What Can You Do? (Care & Share)

- Approach your classmate in a warm and caring way to further assess the situation, offer assistance, and make a referral if necessary.
- Tell a staff or faculty member at the university. This might be a Student Advisor, Hall Director, Professor or Advisor. You may also consult with UCS about the situation and the appropriate next steps.
- Contact SOC for further assistance and let them know about the situation in case additional action is needed.

In addition to emotional distress, you may see signs a student may present a threat of harm to self or others.

Some Signs of a Potential Threat of Harm to Self or Others

- Severe discomfort in social settings
- Incoherent and/or bizarre patterns of speech
- Significant abuse of substances
- Preoccupation with violence of weapons
- Lack of personal hygiene or appropriate self-care
- Indirect threat of violence or self-harm
- Writing, artwork, or presentations preoccupied with violent or self-destructive images

- Difficulty controlling anger
- Lack of empathy, emotional detachment

What Can You Do? (Care & Share)

- Tell a staff or faculty member at the university. This might be a Student Advisor, Hall Director, Professor or Advisor. You may also consult with UCS about the situation and the appropriate next steps. **Next**, report the situation to SOC as they may have additional information about the situation and can determine the most appropriate response.

Some Signs of Imminent Threat of Harm to Self or Others

- Giving away possessions and attempts to "say goodbye"
- Direct threats to harm themselves or others
- A well organized, detailed, and realistic plan to harm self or others

What Can You Do? (Care & Share)

- **Call 911 IMMEDIATELY!**
- DPS is represented on SOC and will ensure SOC is aware of the situation and can follow-up
- If possible without placing yourself in danger or further agitating the individual, express concern for them and give them a safe environment to express their feelings.

Sample Situations of Immediate Threat of Harm to Self or Others

- An individual is in the process of a violent act toward themselves or others
- An unauthorized individual is in possession of a firearm on campus
- You observe an individual who is a victim of violence and the assailant may still be at large.
- An individual is threatening you and or others with a weapon

What Can You Do? (Care & Share)

- If possible to do so safely, **Call 911 IMMEDIATELY!**
- Ensure your own safety first and, if it is safe to do so, assist others.
- Become familiar with the emergency procedures found at:
<http://police.truman.edu/?s=emergency+procedures>

What Can You Do if You Aren't Sure How Serious the Situation is?

- Contact a member of the Students of Concern (SOC) Group:
 - Dr. Lou Ann Gilchrist, Chair (5404)
 - Dr. Michelle Blakely, DS (4478)
 - JD Smiser, Judicial (4111)
 - Sara Holzmeier, DPS (4177)
 - John Gardner, Residence Life (4227)
 - Andrea Maag, CAE (4864)
 - Brenda Higgins, SHC (4562)
 - Angel Utt, UCS (4014)
- Share concerns through our report form or get additional information by visiting:
<http://www.truman.edu/students-of-concern/>

SOC is available to answer questions, share resources, or present to groups.

Find out more at:
<http://truman.edu/students-of-concern/>

More Information About Us: Students of Concern (SOC)

Mission: The SOC team consists of student affairs and academic affairs professional staff members whose focus is to support students in attaining personal and academic success at Truman State University and to maintain a safe and productive educational environment for the Truman community.

Membership: The SOC team consists of representatives from University Counseling Services, Student Health Center, Department of Public Safety, Office of Citizenship and Community Standards, Office of Residence Life, Disability Services, and Center for Academic Excellence. The composition of the SOC group was intentionally constructed so that members bring multidisciplinary perspectives to concerns including psychological, medical, legal, conduct, residential, and academic expertise.

Confidentiality: SOC documentation and records are governed by the Family Educational Rights to Privacy Act (FERPA). Information will only be disclosed with student permission unless it is in the case of a health or safety emergency or there is an educational need for someone to know. Medical and counseling records are, however, covered by other laws and ethical codes and will only be disclosed in compliance with those mandates.