

How to Support Students in Distress

This informational guide is designed to assist faculty and staff in recognizing and supporting students of concern.

What is a Student in Distress?

A student whose academic progress or functioning in the university environment is adversely affected due to a number of indicators outlined below that are impacting their well-being and/or the well-being of others.

**REPORT YOUR CONCERNS
TO THE TRITON CONCERN FORM:
tritonconcern.ucsd.edu**

INDICATORS OF CONCERN

PHYSICAL SIGNS

- Changes in personal hygiene
- Change in appetite; weight loss or gain
 - Agitation or restlessness
 - Changes in sleep
- Recurring physical complaints

CHANGES IN BEHAVIOR

- Withdrawal or isolation
- Loss of interest or pleasure in activities
- Increased alcohol or substance use
 - Irritability or anger
- A pattern of missed or late arrival to class/work

PSYCHOLOGICAL SIGNS

- Delusions or paranoia
- Guilt or worthlessness
- Sad, anxious, empty mood or mood swings
- Overburdened/overwhelmed

UNMET BASIC NEEDS

- Lack of housing
- Unsafe living conditions
 - Food insecurity
 - Financial struggles
- Lack of transportation

TRITON CORE COMPASSIONATE RESPONSE TEAM

Call Campus Police and request Triton Core Team.
Triton Core will respond to Non-violent calls for individuals experiencing health crisis.
Learn more by visiting tritoncore.ucsd.edu

SAFETY RISK

Physical violence
High risk/dangerous behavior
Imminent suicidal behavior
Threats of violence to others

Imminent Risk to Health and Safety

Call Campus Police at
858-534-HELP
(4357)
or **911** from any phone



UC San Diego

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What happens when you complete the Triton Concern Form?

WITHIN 1 BUSINESS DAY

- ✓ Your submission will be routed to the appropriate Student Affairs professional staff
- ✓ Action will be taken regarding the case.
- ✓ A follow-up email will be sent to the referrer.

THE FOLLOWING WILL OCCUR:

A Student Affairs professional staff member may:

- ✓ Coordinate a joint response to the student.
- ✓ Identify next steps and additional support, if needed.
- ✓ Consult with multidisciplinary team on health and behavioral issues.

Behavioral Consultation Team

The goal of the Team is to mitigate behavioral threats to the UC San Diego community through an integrative process of communication, education, prevention, problem identification, assessment, and recommendation of action. Learn more on the Behavioral Consultation Team (bct.ucsd.edu)
To report information to BCT, please email bct@ucsd.edu

Addressing Privacy Concerns

The Family Educational Rights and Privacy Act (FERPA) permits communication about a student of concern in connection with a health and safety emergency. Observations of a student's conduct or statements made by a student are not FERPA protected. Such information should be shared with appropriate consideration for student privacy. To learn more please visit: blink.ucsd.edu/instructors/advising/confidentiality.html

Note: Health records created or maintained by a physician, psychiatrist, psychologist, or other recognized professional acting or assisting in that capacity, are subject to HIPAA Privacy Rule's restrictions on use and disclosure and cannot be released to a third party without written consent from the student.

ADDITIONAL STUDENT RESOURCES:

Counseling and Psychological Services (CAPS): 858-534-3755
CARE at the Sexual Assault Resource Center (SARC): 858-534-5793
Student Health Services (SHS): 858-534-3300
Office for the Prevention of Harassment & Discrimination (OPHD): 858-534-8298
UCSD Basic Needs: basicneeds.ucsd.edu
Student Affairs Case Management (Triton Concern Form): sacm.ucsd.edu
Suicide & Crisis Lifeline: 988

**Thank you for taking care of our students.
Let the university take care of you.**

*For faculty and staff support, please reach out to FSAP
(Faculty & Staff Assistance Program) 858-534-5523*

**PLEASE SCAN QR CODE
FOR MORE INFORMATION**



Undergraduate College
Student Affairs
Student Support



Graduate Education
and Post-Doctoral
Affairs Student Support

