HOW TO HELP A STUDENT IN NEED

☐ RECOGNIZE
- Familiarize yourself with signs of distress.

☐ OFFER SUPPORT
- Ask questions and listen.
- Show concern, interest, and understanding.
- Ask about self-harm, if you’re concerned.

☐ CONNECT TO RESOURCES
- Refer the student to CAPS.
- In an emergency, call UCSD Campus police (858) 534-HELP (4357).

☐ COMMUNICATE
- To consult with an urgent care psychologist about your concerns, call CAPS.
- Inform the Principal Administrator.
- Notify your supervisor.

PRINCIPAL ADMINISTRATORS:
- REVELLE: 534-3493
- MUIR: 534-3587
- MARSHALL: 534-4390
- WARREN: 534-1720
- ROOSEVELT: 534-2237
- SIXTH: 822-5953

OFFICE OF GRADUATE STUDIES: 534-3871
SCHOOL OF MEDICINE: 534-3700
SKAGGS SCHOOL OF PHARMACY: 822-5581

OTHER RESOURCES:
- Campus Police: (858) 534-HELP or 911 from a campus phone
- Office of Student Disabilities (OSD): (858) 534-4382
- Office for the Prevention of Harassment & Discrimination (OPHD): (858) 534-8298
- Office of the Ombuds: (858) 534-0777
- Sexual Assault & Violence Prevention Resource Center (SARC): (858) 534-5793
- Student Health Services (SHS): (858) 534-3300
- San Diego County Mental Health (24/7): (800) 479-3339
- National Suicide Prevention Lifeline: 1 (800) 273-TALK

SIGNS OF DISTRESS:

SAFETY RISKS
- Physical violence
- High risk / dangerous behavior
- Suicidal thoughts or behavior
- Communicating threats
- Increased alcohol and/or substance use

CHANGE IN BEHAVIOR
- Sad, anxious, empty mood, or mood swings
- Hopelessness, guilt, worthlessness
- Loss of interest or pleasure in activities
- Withdrawal and isolation
- Financial recklessness
- High levels of irritability or anger
- Unusual apathy

CHANGE IN PERFORMANCE
- Inability to concentrate or make decisions
- Missed or coming late for classes or work
- Excessive procrastination
- Disorganized

PHYSICAL SYMPTOMS
- Fatigue, lack of energy or sleep disturbance
- Change in personal hygiene
- Change in appetite; weight loss or gain
- Agitation, restlessness
- Delusions and paranoia

CONNECT TO CAPS:
UCSD Counseling & Psychological Services (CAPS) has a number of services available, including free and confidential counseling.
caps.ucsd.edu
Make a confidential appointment by calling: (858) 534-3755
The CAPS central office is located at Galbraith Hall 190.