

Recognize the Signs

Academic

- Excessive absences, missed assignments, exams
- Sudden drop in grades or academic performance
- Non-responsive to outreach

Psychological

- Self-disclosure of personal distress
- Excessive seeking out personal advice
- Unusual emotional or physical response to typical situations

Physical/Safety

- Changes in physical appearance, speech or eye contact
- Observable injuries or inappropriate interactions between students
- Unprovoked anger, sadness or other reaction

How to Respond

*Follow the chart below to determine who to contact when faced with a distress or distressing student.
Ask yourself, is the student a danger to self or others?*

YES

The student's behavior demonstrates imminent harm to self and others.

Call Public Safety (718) 262-2222
Student Affairs at (718) 262-2331
for an immediate response and/or guidance

Document Incident via [Behavioral Intervention Team \(BIT\) portal](#)

NOT SURE

I am not sure how serious it is, but the student shows signs of distress and the interaction has left me feeling uneasy and/or really concerned about the student.

Call Public Safety (718)-262-2222
Student Affairs (718)-262-2331
for an immediate response.

NO

I am not concerned for the student's immediate safety, but the individual is having significant academic and/or personal issues and could use some support.

Meet with student to discuss behavior privately and recommend they visit/contact the Counseling Center at Room AC-1G03, (718)-262-2272
Email: Counseling@york.cuny.edu

On Campus Resources

Office	Phone Number	Email Address
Public Safety	718-262-2222	jassmann@york.cuny.edu;csuarez2@york.cuny.edu;aroman9@york.cuny.edu
Student Affairs	718-262-2331	StudentAffairs@york.cuny.edu
Office of Ombudsperson	718-262-2152	ombudsperson@york.cuny.edu
Counseling Services	718-262-2272	counseling@york.cuny.edu
Center for Students with Disabilities	718-262-2191	csd@york.cuny.edu
Student Health Services	718-262-2050	StudHealthSvcCtr@york.cuny.edu

Off Campus Resources

Emergency Resources

- Call 911 or go to your nearest hospital
- CUNY Crisis Text Line: Text "CUNY" to 741741
- NYS Suicide and Crisis Lifeline: Call or Text "988"
- NYC Well: Text "WELL" to 65173 or 1-888-NYC-WELL or call 1-888-692-9355)
- Safe Horizon Helpline: (Domestic Violence resource) 1-800-621-HOPE (4673)
- SAMHSA Helpline: (Substance Abuse/Mental Health) 1-800- 662-HELP (4357)
- Veterans Crisis Lifeline: Call 988 and Press "1" or Text 838255
- Trevor Lifeline: (LGBTQIA+ suicide prevention): Text START to 678678 or call 1-866-488-7386

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We're here for **U**
when you need
someone to talk to.

Uwill

Student Mental Health & Wellness

Private. Secure. Confidential.



STUDENTS RECEIVE **FREE** IMMEDIATE ACCESS TO TETHERAPY

Choose a therapist based on your preferences *gender, language, ethnicity, focus area* at a time that fits your schedule *day, night, weekend availability* by video, phone, chat or message.

Scan QR code to get started using your school email
www.york.cuny.edu/counseling-center/uwill

