

Screagle Mental Health Safety Roadmap

Student appears distressed or displaying warning signs that their safety is at risk.

Signs of Distress:

*nervousness *agitation *irritability *seldom leaves room *tearful *change in academic performance *change in person relationships *undue aggressive or assertive behavior *fearful *frequent alcohol and/or drug use

Warning Signs:

*withdrawal from others *talks about or threatens suicide *makes statements such as "I want this all to end" or "I can't go on anymore" *significant confusion *behavior is bizarre, alarming, and/or dangerous *makes statements about hurting or killing others *marked change in behavior/mood/hygiene *frequent crying, insomnia, oversleeping, weight loss/gain, or loss of pleasure *engagement in self-harm (ex: cutting)

Are you worried about the student's safety?

YES

NO

In the past month...

Ask Student: Have you wished you were dead or wished you could go to sleep and not wake up?

AND

Ask Student: Have you actually had any thoughts about killing yourself?

AND

Ask Student: Have you done anything, started to do anything, or prepared to do anything to end your life? (ex: collect pills, obtain a gun, give away valuables, write a suicide note, etc...)

YES to any or preparation was in last 3 months

NO to all or preparation was more than 3 months ago

Ask Student: Have you thought about **HOW** you might kill yourself?

NO

YES

NO Imminent Danger
Listen, provide support, refer to resources as needed, but do not act as a therapist. (see back)

Ask Student: Have you had any **INTENTION** of acting on thoughts of killing yourself, as opposed to you have the thoughts but you definitely would not act on them?

NO

YES

Unclear Imminent Danger
Call appropriate resource for consultation (see back)

Ask Student: Have you started to work out or worked out the details of how to kill yourself? Did you intend to carry out this plan?

NO

YES

YES Imminent Danger
IMMEDIATELY call Public Safety (ext 7777 or 812-492-7777)
Or nearest off-campus emergency resource (see back)

DO NOT LEAVE STUDENT ALONE!

Imminent Danger Examples and Resources

NO Imminent Danger (EXAMPLES)

While denying homicidal/suicidal thoughts and showing no warning signs....

...a student is very upset and/or crying about the end of a romantic relationship.

...a student reports anxiety and/or depression symptoms.

...a student recently experiences the loss of a loved one.

...a student is not connecting socially as much as they express that they would like to be.

...a student expresses displeasure regarding a recently received grade from a class or a poor performance.

Unclear Imminent Danger (EXAMPLES)

While denying homicidal/suicidal thoughts (in the past month) and showing some warning signs....

...a student reports history of self injurious behavior.

...a student is found intoxicated.

...a student makes suggestively suicidal statements (ex: "I don't know if I can keep going...").

...a student is distraught but unresponsive to contact efforts.

...a student's work or communication contains content of a concerning nature.

...a student acts out of character

YES Imminent Danger (EXAMPLES)

Direct statements of risk have been noted or undeniable warning signs have been observed or reported...

... a student is found disoriented, unconscious, or unresponsive.

...a student reports misusing and/or overusing prescription medication.

...a student is threatening immediate danger to self or others (ex: hanging self, wrecking their car, ingesting large quantities of pills, acquiring a weapon, seeking someone out to injure them, etc...).

Campus Resources

Academic Skills/Tutoring/Writer's Room	464-1743
Advising Centers	usi.edu/university-division/usiadvisingcenters/
Care Team	usi.edu/deanofstudents/care-team
Career Counseling	465-1606
Career Services & Internships	464-1865
Center for International Programs	465-1248
Counseling and Psychological Services	464-1867
(also available for staff/student consultation)	
• TimelyCare (app/browser access) –free for USI students	
• TalkCampus (app/browser access) –free for USI students	
Dean of Students	464-1862
Disability Resources	464-1961
Institutional Equity Office (Title IX)	464-1703
Intensive English Program	461-5365
IT Help Desk	465-1080
Multicultural Center	465-7188
Public Safety	
Emergency	492-7777
Routine Business	464-1845

Recreation, Fitness, & Wellness	461-5268
Registrar's Office	464-1762
Student Financial Assistance	464-1767
Student Support Services	465-1606
University Health Center	465-1250

Off-Campus Resources (Evansville Area)

Southwestern Crisis Line & Mental Health Services (Evansville Area): 812-422-1100

Albion Fellows Bacon Center, Domestic Violence: 812-422-5622
Albion Fellows Bacon Center, Sexual Assault: 812-424-7273

Off-Campus Resources (National)

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
National Suicide & Crisis Lifeline: 988
National Sexual Assault Hotline: 1-800-656-HOPE (4673) or live chat online
TrevorLifeLine (LGBTQ Support): 866-488-7386
TrevorText – Text "START" to 678678
TrevorChat.org