

The CARE Team

How to Recognize a Student in Distress

Academic Indicators

- Sudden and significant decline in quality of schoolwork and/or grades
- Repeated and unexplained absences
- Disturbing or upsetting content in written work (violent imagery, threats of harm to self or others, etc.)
- Outbursts in class

Psychological Indicators

- Disclosure of personal distress and/or recent traumatic events
- Panicked reactions or anxiety attacks
- Irritability or aggression

Physical Indicators

- Drastic changes in physical appearance
- Deterioration of hygiene and personal grooming habits
- Notable and excessive fatigue, falling asleep in class
- Disorientation

Indicators of a Risk to Safety

- Excessive anger or hostility
- Implying or making direct threats to harm self
- Implying or making direct threats to harm others
- Engaging in risk taking behaviors (e.g. substance abuse)

Campus Resources

Hamel Health & Counseling Center – 978.837.5441

Merrimack College Police Department – 978.837.5555

Grace J. Palmisano Center for Campus Ministry – 978.837.5450

Student Affairs Office – 978.837.5175