Encountering Another Student in Distress or Personal Crisis

Students are often the first to know if another student is in distress or personal crisis. You may be in the best position to offer a “helping hand” to another student either directly or by telling a CCAC employee. These suggestions are intended to guide you in extending that helping hand.

INDICATORS OF A STUDENT IN CRISIS
Students in crisis or personal distress may show some of the following signs:

• A significant change in behavior
• Verbal aggressiveness
• Unprovoked anger or hostility
• Exaggerated personality traits (e.g., more withdrawn or animated than normal)
• Direct statements indicating distress, family problems or other difficulties
• Lack of personal hygiene or a significant change in appearance
• Any written note or verbal statement that has a “sense of finality” (suicidal)
• Self-injurious or self-destructive behaviors
• Out-of-control behavior
• Verbal or written (email) threats of harm to self or others

None of these warning indicators alone is enough, but when presented in combination, they may indicate the need for an appropriate intervention.

CCAC faculty and staff are here to help! Inform your dean of Student Development in writing of the situation using the web-based Incident Reporting Form at ccac.edu/incident or call any of the on-campus resources listed here for additional assistance. If it is an emergency, call campus security or 911 immediately.

Reminder: Even seemingly minor incidents should be reported as an FYI, as many minor incidents may indicate a larger issue.

Counseling Services
Allegheny Campus 412.237.2565
Boyce Campus 724.325.6657
North Campus 412.369.3614
South Campus 412.469.6216

Dean of Student Development
Allegheny Campus 412.237.2520
Boyce Campus 724.325.6651
North Campus 412.369.3655
South Campus 412.469.6201

Campus Security Office
Allegheny Campus 412.237.2662
Boyce Campus 724.325.6653
North Campus 412.369.4100
South Campus 412.469.6260