

RESOURCES

Office of the Dean of Students
(865) 974-3179

Counseling Center
(865) 974-2196

Disability Services
(865) 974-6087

Mobile Crisis
(865) 539-2409

Student Health Center
(865) 974-3135

Student Judicial Affairs
(865) 974-3171

UT Police Department
(865) 974-3111

Youth Villages
1 (866) 791-9225 *or*
(865) 560-2598



VolAware

Mental Health Awareness,
Wellness & Suicide Prevention

The University of Tennessee is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA institution in the provision of its education and employment programs and services. A project of the Safety, Environment, and Education Center with the assistance of the Creative Communications Group of UT Public Relations; (865) 974-0765. Job 8410.

VolAware

Mental Health Awareness,
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Protocol for helping distressed students



STUDENT BEHAVIORS

This protocol was developed as a guide for staff and faculty in helping a distressed or distressing student. Referral identifiers include, but are not limited to, the following:

- Excessive or inappropriate anger
- Behavioral or emotional change
- Withdrawal
- Change in hygiene or appearance
- Alcohol or drug abuse
- Expressing unusual thoughts
- Exhibiting unusual behaviors
- Decline in academic performance

FACULTY/STAFF REACTIONS

Faculty/staff reactions to student's behavior:

- Feeling uncomfortable or uneasy
- Feeling alarmed or frightened
- Feeling that something is not right
- Concern about student's ability to function
- Worry about student's comments or behavior

PROTOCOL

If the student's behavior represents an IMMEDIATE threat CALL 911.

If the threat is not immediate, but you are concerned the student may harm self or others call:

Monday–Friday, 8 a.m. to 5 p.m.

Office of the Dean of Students
(865) 974-3179

or

Counseling Center
(865) 974-2196

Evenings and weekends

Mobile Crisis (for students 18 & over)
(865) 539-2409

Youth Villages (for students 17 & under)
1 (866) 791-9225 or (865) 560-2598

If you are unclear about what to do, call either the Office of the Dean of Students or the Counseling Center.

CASE MANAGEMENT TEAM

The Case Management Team was formed to assist students at risk. The team is co-chaired by the Office of the Dean of Students and the Counseling Center. Members of the committee include representatives from:

- Disability Services
- Registrar's Office
- SEE Center
- Student Health Center
- Student Judicial Affairs
- Student Success Center
- University Housing
- UT Police Department

QPR AND QPR+ TRAINING

QPR is a training program aimed at suicide prevention that provides techniques on direct and effective questioning of the suicidal individual, how to persuade someone to get help, and how to refer someone to the appropriate professional.

QPR+ is the QPR training with added information regarding UT's protocols for helping distressed students. It expands the information provided to cover issues beyond suicide and depression.

For more information or to schedule training, call 974-2196 or visit utk.edu/counselingcenter