



The guide has been created by the Champlain College Care Team as a quick reference guide to help community members recognize, respond to, and refer students in distress. Champlain takes pride in its tight-knit, supportive, and compassionate community seeking to uplift the health, respect, and success of all. Students want to know you care about them and what kind of support they can expect from you and the College.

You may be the first to notice a student in distress. By expressing concern, you may help save a student's wellbeing and/or academic career.



Expectations for our caring community:

Recognize indicators of distress, respond appropriately, and offer resources/referrals.

Common signs of distress may look like:

ACADEMIC

- Repeated absences and/or decline in work quality or performance.
- Work including disturbing content and/or themes of despair, suicide, violence, or aggression.
- Multiple requests for extensions or incomplete work.



PHYSICAL

- Appearing sick or excessively tired.
- Marked changes in appearance.
- Noticeable change in mental state or intoxication.
- Behavior that doesn't match context or setting.



INTER/INTRAPERSONAL

- Direct comments about distress, hopelessness, feeling overwhelmed, or destructive behavior.
- Signs of hopelessness/worthlessness
- Self-injurious, destructive, or harmful behavior.
- Implied/direct threats to self or others.
- Peers expressing concern.



**SUBMIT A
CARE TEAM
REFERRAL**

If a student and/or situation requires immediate or emergency assistance, contact: Campus Public Safety at (802) 865-6465 or call 911.

You may also contact:

Title IX & Sexual Misconduct Team: titleix@champlain.edu or
Bias Education & Response Team: biasresponse@champlain.edu

