



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



SUGGESTED RESPONSES WHEN YOU'RE CONCERNED ABOUT A STUDENT



SAY WHAT YOU SEE

Be open and describe what you've noticed. Avoid making judgments or assumptions.

Sometimes you won't see overt signs of distress yet you'll still be aware of things that may be distressing to a student.

"I wanted to check in as I've noticed _____, and wanted to see if you want to talk about it."



SHOW YOU CARE

By asking what they need help with, you can gain their trust and direct them in the appropriate direction.

Showing you care about a student can leave them with a great impression and increase the likelihood they will reach out for help.

"I care about you and wanted to check in on how you're doing. How can I be most helpful to you?"



HEAR THEM OUT

Be a supportive and available presence for students who may be struggling.

Instead of giving unsolicited advice, mindfully listen to them. Acknowledge difficult emotions/situations and try to instill hope that things will get better.

"That seems like a hard situation to be in. What has that been like for you?"



KNOW YOUR ROLE

Share your desire to connect the student to College resources. Let the student know you'll be submitting a Care Team referral.

Contact CPS if you need help. Your safety, and that of our students and community, is our top priority.

"I'm sorry you're going through this, and thank you for sharing this info with me..."

"What you're feeling and experiencing is valid and I want to help you make things better..."



CONNECT TO HELP

You can help students navigate the resources available to them by showing them where to seek help or who to speak to.

Submitting a non-urgent Care Team Referral can help a student gain access to campus supports and resources.

"I appreciate you being so open with me, and I want to make sure you can get the kind of help you may need."

"You might find ____ a helpful and comforting resource. Can I help you connect with them?"

TRUST YOUR INSTINCTS AND CONNECT A STUDENT TO RESOURCES IF THEY MAKE YOU FEEL WORRIED, ALARMED, OR THREATENED.