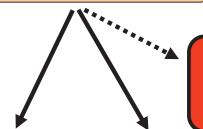
4.6 Actions Advised in Responding to a Student in Distress

Staff member concerned about mental health of student

If the Student is Armed or Very Threatening or Very Aggressive

Call Gardaí (0) 112 or (0) 999 Inform UCC Security 3111



Life Threatening Emergency

Overdose Definite or Possible Call Ambulance (0)112 or (0) 999 Inform UCC Security 3111 Inform Student Health 2311

NON-URGENT

If the student seeks help or:

- Is withdrawn, low in mood, tearful
- Is unduly anxious
- Shows unusual academic deterioration AND
- Does not display features considered as Urgent/Emergency (see over)

URGENT/EMERGENCY

If the student is or appears:

- Suicidal or is wishing they were dead
- Reporting or threatening self-harm or harm to others
- Expressing bizarre thoughts or ideas which are out of touch with reality
- Unduly agitated or behaving in a bizarre manner

RESPONSE

- Explain your concerns to student
- Advise and encourage the student to contact Student Counselling, Student Health, or their own GP/Psychiatrist
- Arrange a follow up appointment
- If the student does not wish to follow your advice, their wishes should be respected
- You may wish to discuss your concerns at this stage on a no-name basis with Student Counselling or Student Health
- Further action is appropriate at any stage where their condition or situation deteriorates to become Urgent or Emergency as over
- Keep a record of the incident(s) and response(s)

RESPONSE

- If possible, consult a colleague: Do not act alone
- Explain concerns to student, unless you judge this will inflame the situation.
- Seek consent to contact Student Counselling, Student Health, or Student's GP/Psychiatrist
- If consent withheld, consider contacting anyway.
- Arrange an urgent appointment with one of the professional services listed above
- Accompany student to appointment if possible
- Consider A+E/SouthDoc/ An Garda Síochána if other services unavailable or closed
- If off-campus or overseas consider contacting host university/institution supports/local health services, An Garda Síochána or Local Police and request assistance
- Keep a record of the incident(s) and response(s)

Consider if the student may have breached Student Rules, and/or if Fitness to Continue in Study, or Fitness to Practise Polices need to be invoked, and contact relevant personnel to discuss

UCC General Services Security
An Garda Síochána Anglesea Street HQ
A+E Cork University Hospital
South Doc
Student Counselling and Development
Student Health Department

(021) 4903111 (021) 4313031 (021) 4920230 1850 335 999 (021) 4903565 (021) 4902311