

Students in Distress

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No single formula can determine if someone is severely depressed or at risk for suicide, but we all need to know “red flags”:

- Dramatic changes in personality, presentation, hygiene, or functioning, including diminished concentration, extremely depressed mood; declining academic or work performance; agitation or, alternatively, extreme fatigue and sluggishness; radical changes in appetite or sleep patterns.
- Expressions of helplessness, hopelessness or despair: "I feel like I'm in a hole and I can never get out. Things will never change."
- Very diminished self-esteem; expression of chronic feelings of guilt, worthlessness.
- Comments about suicidal thoughts, even if indirect: "I don't ever want to wake up again." "Everyone would be better off if I just died."
- Talking about "not being around" or about death: "What's the difference? I won't be here anymore for finals."
- High levels of anger, aggression, or, alternatively, flattening of emotional expression, profound indifference.
- Reckless, risky, or impulsive behavior.
- Thinking that is not grounded in reality; delusional expressions/remarks.
- **Most importantly, if you believe a student is in immediate danger, call Public Safety—Morningside campus (212-854-5555, or NYC emergency services at 911.**

If you observe a student who you believe may be in distress, please e-mail osa@gsb.columbia.edu outlining the situation.

In an emergency, the below offices are available 24/7/365



Public Safety

Call **(212) 854-5555** when you need emergency response, security escorts or assistance with law enforcement.

Contact Public Safety.



Medical Services

Routine and urgent medical assistance, sexual health, reproductive and gynecological services, LGBTQ health care, and confidential HIV testing are available.

Contact Medical Services.



Counseling Services

Get trauma support and short-term counseling, referral for ongoing mental health services, and/or introduction to student support groups.

Contact Counseling Services.



Sexual Violence Response

Call **(212) 854-4357 (HELP)** to connect with survivor advocates for trauma-informed rape crisis/anti-violence support, including accompaniment to the hospital, police, or to other resources. SVR also offers prevention education.

Contact SVR.