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.