RIT Red Folder

RIT | Division of Student Affairs Wellness

Recognize the indicators

Academic

- Repeated absences or missed commitments
- Sudden decline in grades or quality of work
- Multiple requests for extensions
- Missing assignments and deadlines
- Significant decrease in participation or engagement
- Disturbing themes in assignments, essays, artwork, or presentations

Physical/Behavioral

- Noticeable changes in appearance, hygiene, or grooming
- Excessive fatigue or falling asleep in class
- Significant weight loss or gain
- Frequent illness or health complaints
- Signs of intoxication or substance misuse
- Agitation, restlessness, or unusual behavior

Psychological

- Anxiety, panic, excessive worry
- Tearfulness or heightened emotional distress
- Withdrawal from friends, activities, or coursework
- Expressions of hopelessness, loneliness, or despair
- Difficulty coping with everyday stressors
- Significant changes in mood or behavior
- Reports of financial, family, relationship, or personal crises

Safety Risk

- References to suicide or self harm
- Threats toward self or others
- Violent, aggressive, or intimidating behavior
- Stalking or harassment
- Severe emotional distress or loss of contact with reality
- Possession of a weapon or threats of violence
- Communications or assignments focused on suicide, violence, or harm

Respond

Do

- √ Listen with empathy
- √ Remain calm and supportive
- √ Express concern about specific observed behaviors
- √ Ask open-ended questions
- √ Encourage help-seeking
- √ Consult with campus resources

Do Not

- × Promise confidentiality
- × Attempt to diagnose/provide counseling
- × Minimize concerns
- × Handle the situation alone
- × Ignore concerning behavior
- × Pass judgement or dismiss the needs
- × Try to “fix” everything

Remember

You do not need to be a counselor to support a student. Paying attention, expressing concern, and helping students access resources can make a meaningful difference.

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Refer

If you need an immediate response/ intervention OR to report an emergency

Contact RIT Public Safety

- Public Safety: 585-475-3333
- Text Line: 585-205-8333
- 911 (for off-campus emergencies)

If you are concerned about a student's academic performance and there are no mental health concerns

File an Early Alert via Starfish or connect with the student's academic advisor

If you are concerned about a student's mental health and there is no immediate emergency

Complete a Tiger Concern Report at: rit.edu/reporting-incident

Resources

Case Management
585-475-3963

Counseling & Psychological Services
585-475-2261

Disability Services Office
585-475-2023

NTID Counseling & Academic Advising
www.rit.edu/ntid/caas#contact-us

Ombuds Office
585-475-7357 or 585-475-6424

Spirituality & Religious Life
585-475-5932

Student Health Center
585-475-2255

University Advising Office
585-475-7024

Women, Gender and Sexuality Resources Center
wgsrc@rit.edu

Refer to resource websites for up to date hours/services

We welcome your feedback.

Email: **casemanagement@rit.edu** with comments and suggestions.

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