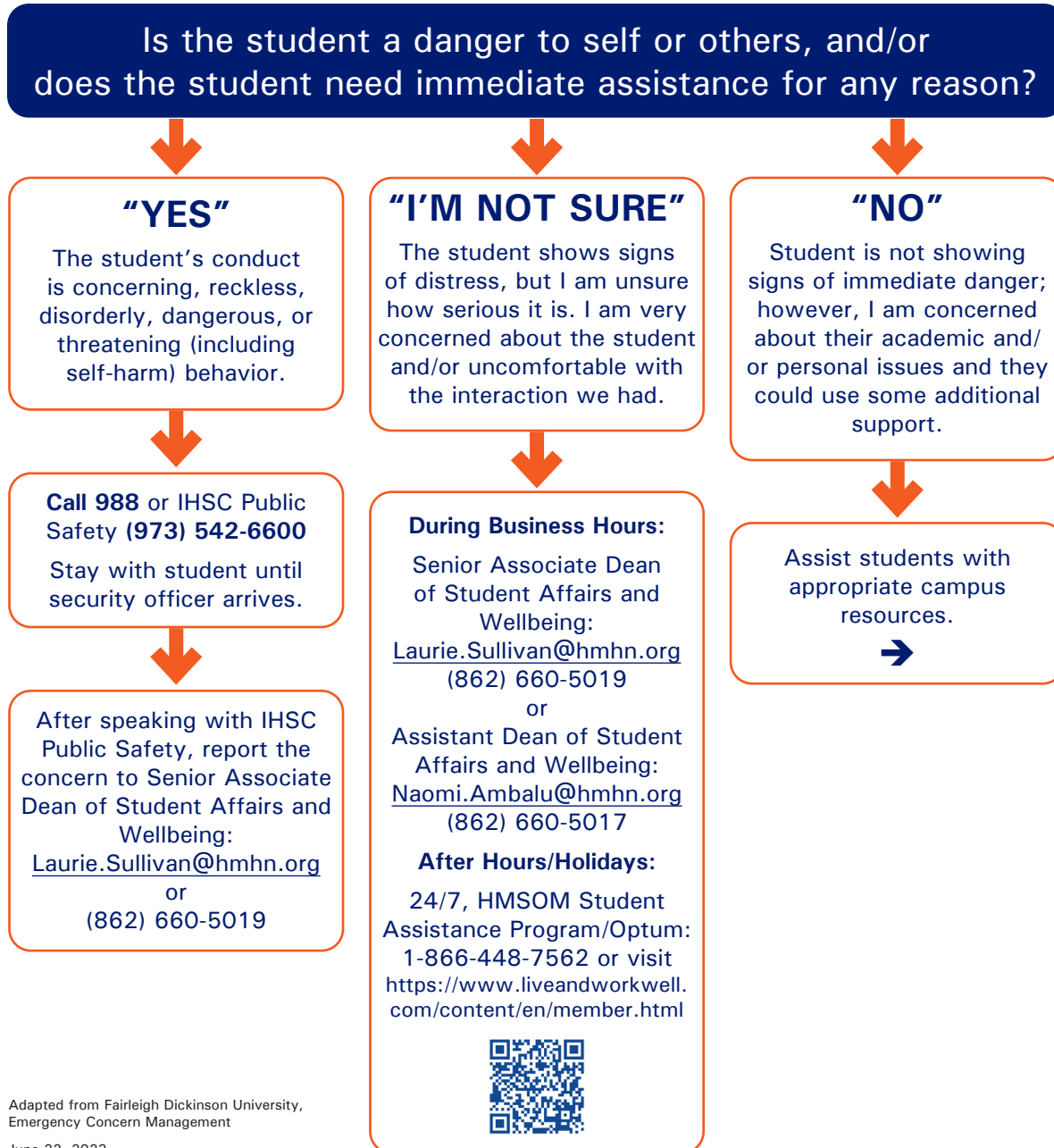


Assisting Students in Distress

Follow the workflow to determine who to contact when faced with a distressed student.



| On Campus Resources | |
|---|---|
| Assistant Dean, Student Affairs and Wellbeing | Laurie.Sullivan@hmn.org |
| Assistant Dean, Student Affairs and Wellbeing | Naomi.Ambalu@hmn.org |
| Student Affairs and Wellbeing | saw@hmn.org |
| Title IX Coordinator | Diane.Russo@hmn.org |
| IHSC Public Safety Office | (973) 542-6600 |
| ComplyLine/Reporting | https://hackensackmeridian.alertline.com |
| Student Assistance Program | (866) 448-7562 or visit https://www.liveandworkwell.com/content/en/member.html |
| Student Accessibility Services | hmsomstudentaccessibility@hmn.org |
| Support Services Coordinator | Heather.Mills@hmn.org |
| Academic Support | hmsomacademicsupport@hmn.org |
| Office of Student Financial Services | sfs@hmn.org |
| Compliance | hmsomcompliance@hmn.org |

| Off Campus Resources | |
|--|---|
| Local Police Departments: | |
| Nutley Police Dept. | (973) 284-4940 |
| Clifton Police Dept. | (973) 470-5900 |
| Bloomfield Police Dept. | (973) 680-4141 |
| Montclair Police Dept. | (973) 744-1234 |
| Passaic County Domestic & Sexual Violence Center | (973) 881-1450 |
| Crisis Text Line | Text 741741 from anywhere in the U.S. to connect with a trained crisis counselor. https://www.crisistextline.org/ |
| National Sexual Assault Hotline | (800) 656-4673 |
| National Suicide & Crisis Lifeline | https://988lifeline.org/ (Chat function is available) Or dial 988 |
| NJ Hopeline | (855) 654-6735 |
| Physician Support Line | (888) 409-0141 |

Assisting Students in Distress



Hackensack Meridian
School of Medicine

Office of Student Affairs and Wellbeing

D-I-S-T-R-E-S-S

| | |
|----------|---|
| D | <u>Displaying</u> warning signs? |
| I | <u>Inform</u> student of services available |
| S | <u>Significant</u> concerns/conduct? |
| T | <u>Trust</u> your instincts |
| R | Determine <u>risk</u> factors |
| E | <u>Express</u> concern |
| S | <u>Say</u> something |
| S | <u>Seek</u> help |



EARLY WARNING SIGNS

Examples can include the following:

- Social isolation
- Inability to focus on specific tasks or conversations
- Disorganized thinking, speech, & feelings
- Strong mistrust of others
- Changes in personal hygiene
- Difficulty sleeping
- Loss of appetite; weight loss/gain
- Complaints of aches & pains
- Increased risk-taking
- Violent outbursts