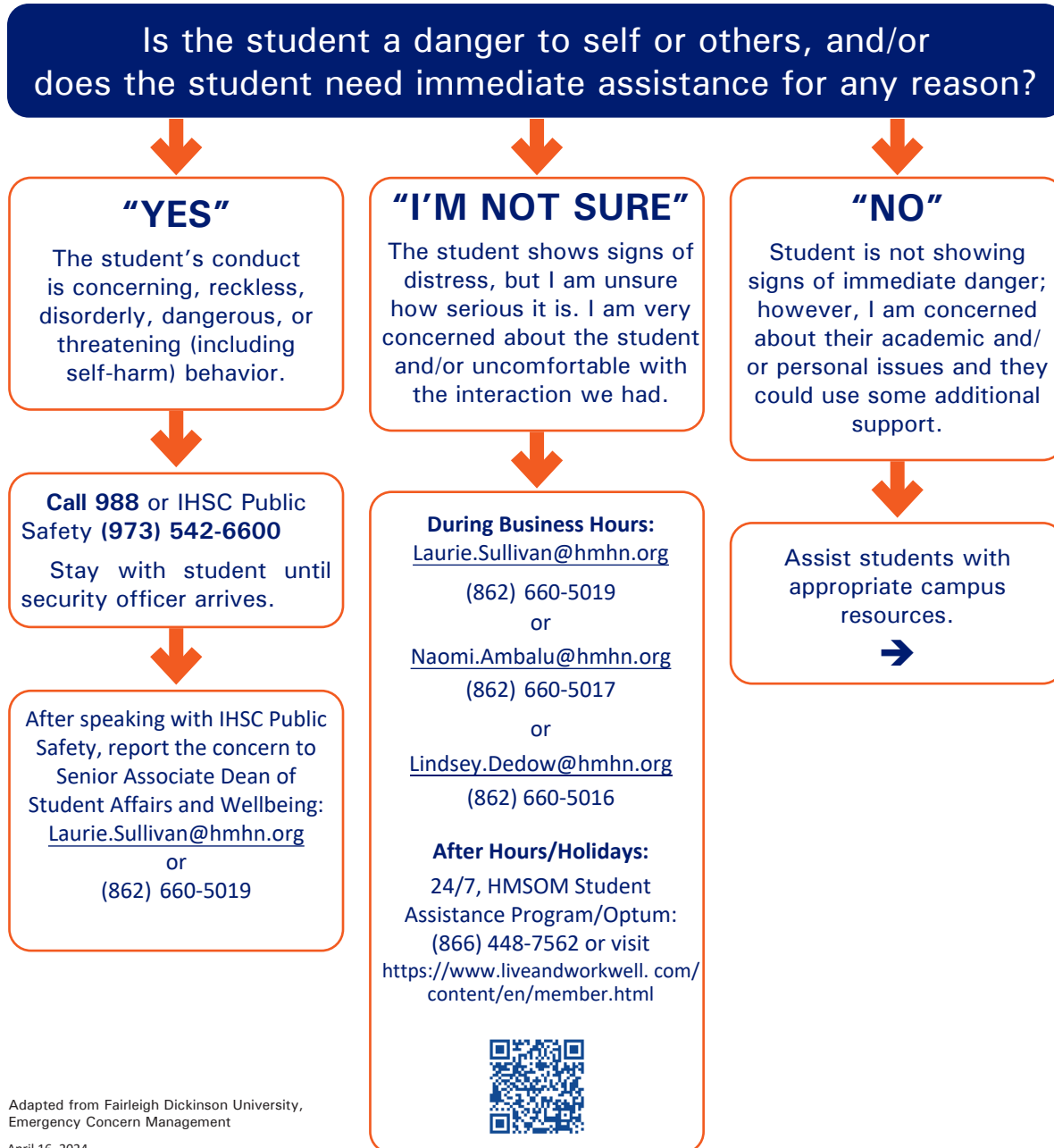


# Assisting Students in Distress

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



On Campus Resources	
Senior Associate Dean, Student Affairs and Wellbeing	Laurie.Sullivan@hmhn.org
Assistant Dean, Student Affairs and Wellbeing	Naomi.Ambalu@hmhn.org
Assistant Dean, Advising Student Affairs and Wellbeing	Lindsey.Dedow@hmhn.org
Title IX Coordinator	Diane.Russo@hmhn.org
IHSC Public Safety Office	(973) 542-6600
ComplyLine/Reporting	<a href="https://hackensackmeridian.alertline.com">https://hackensackmeridian.alertline.com</a>
Student Assistance Program	(866) 448-7562 or visit <a href="https://www.liveandworkwell.com/content/en/member.html">https://www.liveandworkwell.com/content/en/member.html</a>
Student Accessibility Services	<a href="mailto:hmsomstudentaccessibility@hmhn.org">hmsomstudentaccessibility@hmhn.org</a>
Support Services Coordinator	Heather.Mills@hmhn.org
Academic Support	<a href="mailto:hmsomacademicsupport@hmhn.org">hmsomacademicsupport@hmhn.org</a>
Student Financial Services	<a href="mailto:sfs@hmhn.org">sfs@hmhn.org</a>
Team Member Support & Navigation Line	(844) 642-2665
Off Campus Resources	
<b>Local Police Departments:</b>	
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. <a href="https://www.crisistextline.org/">https://www.crisistextline.org/</a>
National Sexual Assault Hotline	(800) 656-4673
National Suicide & Crisis Lifeline	<a href="https://988lifeline.org/">https://988lifeline.org/</a> (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

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