

# How to Support a Student

Connect a student with the appropriate campus support.

## Have a Student in Crisis?

If a student is in significant emotional distress or has thoughts of suicide, connect them to the 24/7 crisis line. Dial 988

*Has a student expressed imminent harm to themselves or others?*

**YES**

Call UMPD x 6131 or 911

**NOT SURE**

Submit a CARES Report

**NO**

Refer to the following chart



*What you Hear from a Student*



*Follow Up Questions*



*Refer the Student To*

Struggles to meet academic demands

Difficult communicating with professors & understanding course concepts

Overwhelmed academically

Have you felt this way before? For how Long

How is your mood impacting your responsibilities?

What types of coping strategies do you use?

**ACADEMIC SUPPORT**  
(406) 243-2800  
Aber Hall - 4th Floor



Trouble managing time/procrastination

Trouble sleeping or feeling low energy

Need support around managing stress

How do you manage stress and balance responsibilities?

What would you need to make sustainable life changes?

**WELLBEING SUPPORT COACHES**



Mild to moderate psychological symptoms distress, and/or difficulty functioning

Experience grief/loss or other traumatic event

Tell me about how you organize yourself for classes, prioritize deadlines, and combat procrastination

Tell me about your interactions with your professors

**CURRY COUNSELING**  
(406) 243-4712



*Additional Support*

Submit a CARES(BIT) Report



*Is there Violence or Harm involved?*

Book a session with SARC

