The Wellness Center is located on the corner of Park and Terrace Street.

**RECOGNIZE**
- Aggressive, anxious or demanding behavior
- Disheveled appearance
- Missing classes
- Not turning in assignments
- Substance abuse
- Thoughts of suicide

1. **RECOGNIZE**

2. **RESPOND**
- Listen actively in a safe space
- Validate their experiences
- Ask open ended questions
- Share what you know
- Submit a Beacon Alert
- Encourage & assist student in seeking help

**REFER**

3. **REFER**

   **Non-Emergency**
   - Encourage student to seek counseling services
   - Follow up to show you are invested

   **For Immediate Attention**
   - Call with the student present to schedule an appointment
   - Walk the student to the Wellness Center

   *If you have concerns about a student, please feel free to call and speak with a counselor or email the Director*

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**Wellness Center**

**Counseling Services:**
- Personal Counseling
- Group Counseling
- Crisis Response
- Consultation (to include Faculty and Staff)

**Wellness Education:**
- Peer Education Program
- Alcohol and drug sessions
- Individual health & wellness sessions
- Resource Library
- Classroom, residence halls, and other campus programming

**Health Services:**
- Flu vaccinations
- Immunizations
- Routine blood work
- Breast exams
- Pregnancy tests
- Pap tests
- Emergency Contraception
- Birth Control
- STI testing
- Cold & Flu
- Ear Infection
- Bronchitis
- Pneumonia
- Strep throat
- Skin rashes
- UTI/Urine cultures
- Diabetes
- Ear irrigations

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**Important Phone Numbers:**

**Health Services**
607-871-2400

**Counseling Services**
607-871-2300

**AU Public Safety**
607-871-2108

Alfred Police Department
607-587-8877

Rape Crisis of the Southern Tier
888-810-0093

Allegheny County Crisis Center
888-945-3970

AIDS Hotline
800-541-AIDS

Planned Parenthood of the Southern Finger Lakes
607-324-1124

St. James Mercy Hospital
607-324-8000

Wellsville Jones Memorial Hospital
585-593-1100

Express Care (non-emergency)
607-324-0490

Office of Student Affairs
607-871-2132

NYS Police Sexual Assault Hotline
844-845-7269

NYS Domestic Violence Hotline
800-942-6906

NYS Office of Victim Services
800-247-8035

Cattaraugus Community Action’s Victim Services
888-945-3970

**best numbers to call when recognizing distressed students**
### Scenarios & Resources

<table>
<thead>
<tr>
<th>Scenarios</th>
<th>Dean of Students</th>
<th>Counseling Services</th>
<th>Public Safety</th>
</tr>
</thead>
<tbody>
<tr>
<td>working with a student who...</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• talks about suicide/homicide</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>• is a danger to their self or others</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>• disrupts class and does not stop</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>• seems to be out of touch with reality</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>• behaves hostilely or inappropriately</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>• shows signs of drug or alcohol abuse</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>• is experiencing difficulty due to a loss or family illness</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>• is a victim of violence, bullying, or harassment/stalking</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>• appears to have an eating disorder or distorted body image</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>• drastically changes appearance</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>• seems overly emotional (beyond common behaviors)</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>• discloses personal distress</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>

*Faculty & Staff are encouraged to submit a Beacon Alert in addition*

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### Signs of Depression & Thoughts of Suicide

- talking about death or wanting to die
- looking up ways to kill oneself
- too much or too little sleep
- increased use of drugs and/or alcohol
- talking about being a burden to others
- expressing lack of purpose in life or hope of a future
- reckless behavior
- withdrawing or isolating oneself
- visiting/calling loved ones to say goodbye
- giving away possessions and/or pets

**Speech such as:**

- "It won't matter soon enough"
- "When I'm gone..."
- "I just want to be done"
- "I just want to sleep"  
- "It will be over soon anyway"
- "I'm just tired"
- "I can't keep doing this"
- "I just want to be alone"
- "I want to tell you something... never mind"

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### Self-Care

- exercise
- eat well
- get 7-9 hours of sleep (nap when needed)
- practice relaxation techniques (meditation or deep breathing)
- draw/paint
- or play a game
- call a friend
- cook/bake
- encourage student to make an appointment for the *Mind Spa*