

## Quick Referral Guide

When a student shares a concern or you notice signs of distress, you do not need to determine the exact issue or solution. Instead, focus on identifying **the general type of concern** and connecting the student with the appropriate campus resource.

### Step 1: Assess Urgency

Is the situation an emergency?

#### Emergency Indicators

- Student expresses intent to harm themselves or others
- Student appears severely disoriented or unsafe
- Medical emergency or immediate safety concern

#### Action

Call **911 or Michigan Tech Public Safety** immediately

Stay with the student if it is safe to do so

### Step 2: Identify the Type of Concern

If the situation is **not an emergency**, the table below can help guide where to refer a student.

<b>If a student is struggling with...</b>	<b>Possible Signs</b>	<b>Consider Connecting Them With...</b>
<b>Stress, anxiety, emotional distress, relationship challenges, sleep difficulties</b>	Overwhelm, withdrawal, visible stress, frequent absences	Center for Student Mental Health and Well-Being, Mantra
<b>Academic difficulties or falling behind</b>	Missed assignments, declining grades, confusion about coursework	Academic Advisor, Learning Centers, Waino Wahtera Center for Student Success

<b>Homesickness, loneliness, or difficulty adjusting to campus life</b>	Isolation, disengagement, lack of campus connection	Resident Assistant, student organizations, well-being event/programs
<b>Health concerns, illness, loss</b>	Fatigue, missed classes due to illness, physical complaints	Dean of Students
<b>Accessibility or disability accommodations</b>	Student requests accommodations or support for a condition	Student Disability Services
<b>Forming identity, sense of belonging</b>	Hesitates to participate, expresses feeling like an “outsider,” reluctant to share perspectives	Student Support and Mentorship
<b>Concerning changes in behavior or overall well-being</b>	Sudden withdrawal, agitation, distressing statements	Submit a <b>Report a Concern</b>
<b>Sexual misconduct, harassment, or discrimination concerns</b>	Student discloses an incident or safety concern	Title IX, Center for Student Mental Health and Well-Being
<b>Substance use concerns</b>	Appearing intoxicated, repeated absences, sudden academic decline	DOS, Center for Student Mental Health and Well-Being, TELUS
<b>Safety concerns or criminal activity</b>	Student reports feeling unsafe or reports a crime	Campus Public Safety

This guide is not exhaustive. When in doubt, you can always consult with a student support office or submit a **Report a Concern** to ensure the student receives appropriate follow-up.