# A Guide to Getting Help for Students

## Help us, help you, help others.

### Immediate Concern

**Student is:**

- Threatening the safety of self or others.
- Acting in frightening or threatening manner.
- Not leaving the classroom after being asked to leave.
- Reporting or initiating a threat or bomb scare.

- Communication indicates loss of touch with reality.
- Communication reflects suicidal thoughts or actions, sexual assault, or relationship violence.

*(If urgent or after hours, call 911 or Public Safety)*
*(On campus calling: dial last 4 digits)*

### Reporting Concerning or Odd Behavior

**Student:**

- Does something significantly out of character.
- Acts peculiar and causes alarm.
- Displays unhealthy or dangerous patterns of behavior. Engages in risk-taking behaviors (e.g., substance abuse).
- Displays hostility, aggression, relationship abusiveness.
- Is deficient in skills that regulate emotion, cognition, self, behavior and relationships.
- Substantially impairs, interferes with, or obstructs orderly processes and functions of the University.
- Deliberately interferes with instruction.
- Is lewd or indecent.
- Has not attended class for an extended period of time.
- Is overwhelmed by a problem with the university.
- Is debilitated or overwhelmed by a family emergency.

### Seeking Guidance or Advice

**Student:**

- Communication indicates emotional/mental health concerns (e.g. anxiety, depression, substance abuse, relationship distress).
- Has difficulty in dealing with the death of a loved one.

*When in doubt about who to contact call Public Safety (282-2515) or the Office of the Director of Student Life (282-2794) for consultation.*

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**Office of the Director of Student Life**

(208) 282-2794

[https://isu.starrezhousing.com/StarRezConcerns](https://isu.starrezhousing.com/StarRezConcerns)

**Counseling and Testing Service**

(208) 282-2130

**University Health**

(208) 282-2330