



# SBU Red Folder

Student Health & Wellbeing

Helping Students in Distress  
Crisis Management Guidelines

Emergency Campus &  
Community Resources

Additional Resources for Student  
Wellbeing

# Identifying Indicators of Distress

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*Awareness*

*Communication*

*Engagement*

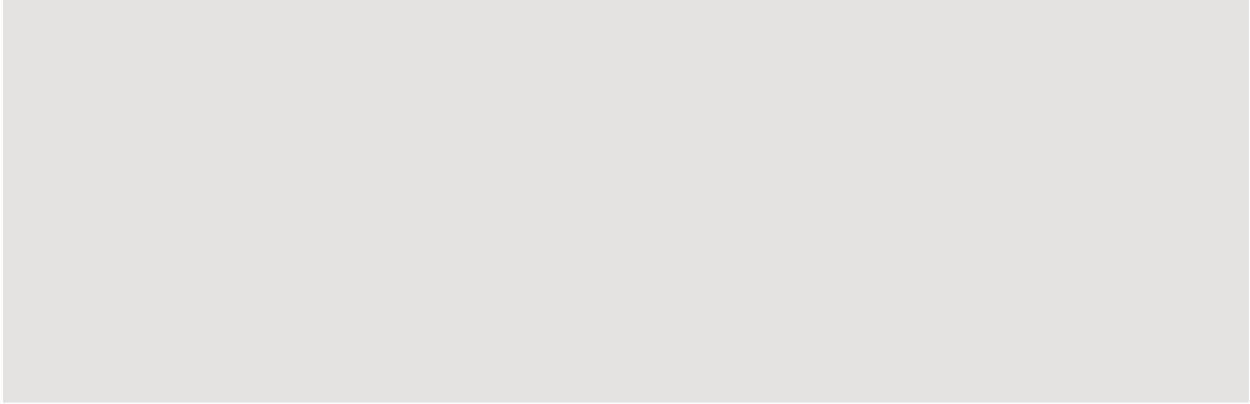
## Academic Indicators



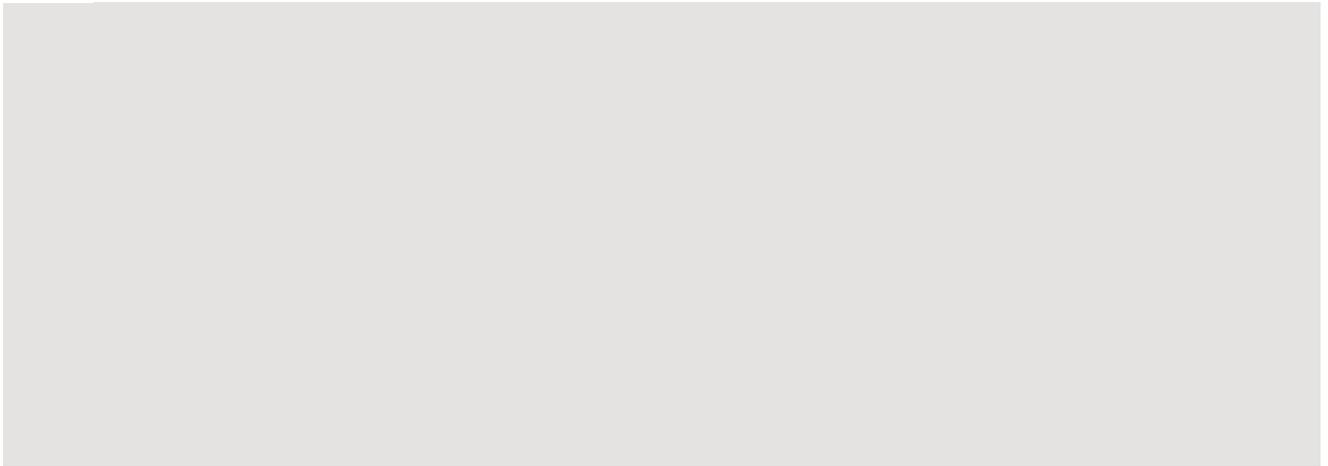
## Physical Indicators



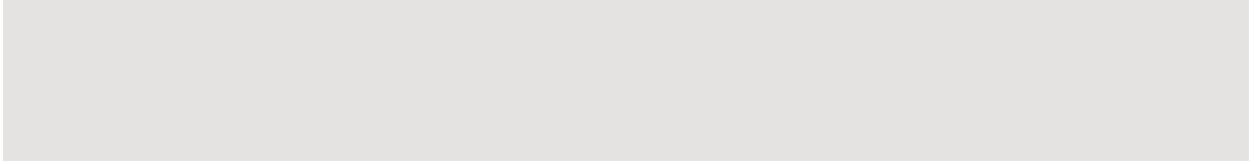
## **Psychological Indicators**



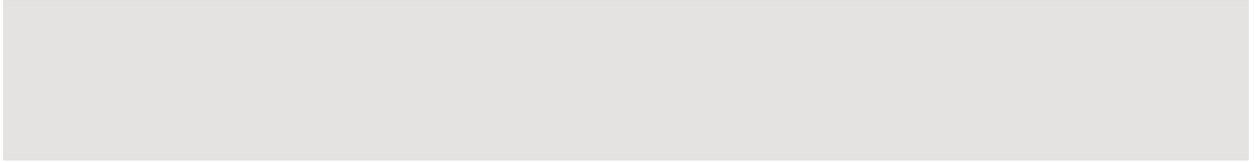
## **Safety Risk Indicators**



## **Be Direct**



## **Follow Through**



**Contact:** (716)-375-262

## Community



800-339-5209

1-800-273-TALK (8255)

1-800-339-5209

## Whom To Contact

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**Follow the chart to determine next steps**



## Additional Campus Resources

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### **Emotional Wellbeing**



**Center Location** Doyle 122 **Center Hours** 8:30 a.m.-4:30 p.m. M-F **Appointments** Visit the Patient Portal (<https://sbu.medicalconnect.com/>) or Call (716)-375-2310

**Contact:** (716)-375-2626

## Social Wellbeing

**Location:** S587.76 Tm&6iat rTETC.4 (r)on

585-232-7353

1-800-656-HOPE (4673)

## **Domestic Violence**

888-945-3970

1-800-656-HOPE (4673)

## **Grief/Loss Counseling**

(716)-373-8040

(716)-859-2194

(716)-836-6460

## **Physical Health**

