



DISTRESS

We're building a culture of caring — one Knight at a time — by doing our part to connect students with programs and resources that can help. If you know of a student in distress, direct them to the appropriate UCF Cares resource.

ucfcares.com

Student Development and
Enrollment Services



**DISORIENTATION
OR
INDICATIONS OF
DRUG OR ALCOHOL
ABUSE**

SIGNS: DISORIENTATION,
INDICATIONS OF DRUG OR
ALCOHOL ABUSE

ACTION:

If safety is not an immediate concern, confer directly with the student (if you feel comfortable) and inform them about available resources. Call Student Care Services or submit a Student of Concern Report.

Contact: Student Care Services

Phone: **407-823-5607**

Email: **caremanager@ucf.edu**

Website to file report: **scs.sdes.ucf.edu**

MORE:

Alcohol and Other Drug Use
Intervention Services with UCF
Health Services

407-823-2924 or **hs.ucf.edu**

A stylized illustration of a person's head and shoulders. The face is black with two white circles for eyes and two white slanted lines for eyebrows, conveying an angry expression. The person is wearing a red t-shirt. The entire illustration is set against a black background that has a rounded top and bottom.

**IRRITABLE
OR
AGGRESSIVE
BEHAVIOR**

SIGNS: IRRITABLE OR
AGGRESSIVE BEHAVIOR

ACTION:

If you do not feel safe interacting with the student or the student has expressed threatening behavior or intimidating behaviors, seek assistance immediately.

Contact: **UCF Police Department**
Phone: **EMERGENCY 911**
or Nonemergency **407-823-5555**

MORE:

Student Care Services
407-823-5607, scs.sdes.ucf.edu
or caremanager@ucf.edu



**SADNESS
OR
CRYING**

SIGNS: SADNESS OR CRYING,
THE INABILITY TO COMMUNICATE
CLEARLY, INTENSE EMOTION

ACTION:

Listen carefully to what the student is troubled about and see if there is any support you can provide. Offer to walk the student to Counseling and Psychological Services (CAPS). Offer to call the CAPS with the student and ask for the Counselor on Duty. Follow up with the student later in the week to see how they are doing.

Contact: Counseling and Psychological Services
Phone: **407-823-2811**

After-hours Crisis Hotline: **407-823-2811** (press 5)

Website: **caps.sdes.ucf.edu**

Email: **councntr@ucf.edu**

MORE:

UCF Health Services
407-823-2701 or **hs.ucf.edu**



NERVOUSNESS OR AGITATION

SIGNS: NERVOUSNESS,
AGITATION, DISJOINTED
THOUGHTS, ANXIETY AND PANIC

ACTION:

Listen carefully to what the student is troubled about and see if there is any support you can provide. Offer to walk the student to Counseling and Psychological Services (CAPS). Offer to call the CAPS with the student and ask for the Counselor on Duty. Follow up with the student later in the week to see how they are doing.

Contact: Counseling and Psychological Services
Phone: **407-823-2811**

After-hours Crisis Hotline: **407-823-2811** (press 5)

Website: **caps.sdes.ucf.edu**

Email: **councntr@ucf.edu**

MORE: Student Care Services
407-823-5607, **scs.sdes.ucf.edu**
or **caremanager@ucf.edu**



**DROWSINESS
OR
LETHARGY**

SIGNS: DROWSINESS, LETHARGY,
CHANGE IN PERSONAL HYGIENE,
INTENSE EMOTIONS

ACTION:

Speak directly to student when you sense that they are in academic or personal distress. Openly acknowledge that you are aware of their distress, that you are sincerely concerned about their welfare and that you are willing to help them explore their options.

Contact: Student Care Services

Phone: **407-823-5607**

Email: **caremanager@ucf.edu**

Website to file report: **scs.sdes.ucf.edu**

MORE:

UCF Health Services

407-823-2701 or **hs.ucf.edu**



**STRANGE
BEHAVIOR
OR
EXAGGERATED
MOVEMENTS**

SIGNS: STRANGE BEHAVIOR,
EXAGGERATED MOVEMENTS,
IMPAIRED SPEECH,
DISCONNECTED THOUGHTS

ACTION:

If you feel comfortable addressing the concerns with the student, please follow up with the student directly. If you have observed these behaviors and are unable to follow up, please file a report with Student Care Services.

Contact: Student Care Services

Phone: **407-823-5607**

Email: caremanager@ucf.edu

Website to file report: scs.sdes.ucf.edu

EMERGENCY CONTACT:

UCF Police Department

Emergency 911 or

Nonemergency **407-823-5555**