When in Doubt, Reach Out!

As a member of the Division of Student Affairs, the Tennessee Tech University Counseling Center's mission is to promote healthy student development during their college experience. In efforts to accomplish this, a wide variety of mental health, educational, career, and consultative services are available to students and other members of the campus community.

Does the student need IMMEDIATE assistance?

YES
The student’s conduct is clearly reckless, disorderly, dangerous or threatening and is suggestive of immediate harm to self or others in the community.

Call Univ Police
931-372-3234

NOT SURE
Indicators of distress are observed but severity is unclear. The interaction has left you feeling uneasy or concerned about the student.

Call TTU Counseling Center for Consultation:
931-372-3331

NO
I'm not concerned for the student’s immediate safety, but s/he is having significant academic and/or personal issues.

Refer to appropriate campus resource.

Tennessee Tech’s After Hours Suicide Prevention Hot Line:
1-855-206-8997
OR
931-372-3331
(AFTER 4:30 PM)

Free & Confidential
Direct and Immediate Guidance Available

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)

suicidepreventionlifeline.org
Recognize, Respond to, Refer, and Report Troubling Student Behavior:

- Trust your instincts.
  If you are concerned about a student, consult your department chair to promptly report safety concerns.

- De-escalate the situation.
  Distressed students can be sensitive. Avoid threatening, potentially embarrassing, or intimidating statements.

- Listen sensitively and carefully.
  Vulnerable students need to be heard and helped. They may find it difficult to articulate their distress. Ask directly if they have thoughts of harming themselves or others.

- Help them get help.
  Be available. Show interest and offer support. Refer the students to campus departments or offices that have the necessary expertise and personnel to help them. Use numbers from the Additional Campus Resources section.

- Share what you know.
  Report student health and safety concerns to relevant campus offices trained to handle situations with sensitivity and care. Taking appropriate action does not violate a student’s privacy.

The TN Tech Counseling Center encourages you to add the National Suicide and Crisis Prevention Lifeline 988 number to your course syllabus for reference.

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Tennessee Tech University Counseling Center
RUC 307
931-372-3331

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Additional Campus Resources:

Dean of Students 931-372-6758
Accessible Education 931-372-6119
Financial Aid 931-372-3073
Health Services 931-372-3320
Intercultural Affairs 931-372-3392
Tutoring Information 931-372-3326
University Police 931-372-3234