Have you witnessed . . .

- Sadness or withdrawal?
- Severe out-of-control or risk-taking behaviors?
- Sudden overwhelming fear for no reason?
- Repeatedly using drugs or alcohol?
- Drastic changes in mood, behavior, personality or sleeping habits?
- Extreme difficulty in concentrating or being still?
- Intense worries or fears that get in the way of daily activities?
- Excessive absences from class or work?

. . . If so, there's help!

How to Refer or Seek Assistance

- Harm to self or others such as physical/verbal abuse, suicidal gestures, call 911.
- For all other incidents please follow these steps:
  - Refer to Student Services in C2100 or call at 815-825-9375 to make an appointment with an Advisor/Counselor about concerns.
  - Walk or offer to walk the student to Student Services for assistance.

Once the student is referred to Student Services, the department will follow rules associated with the Family Education Rights and Privacy Act (FERPA) and Mental Health Disclosure Law as it relates to confidentiality for the student.