If you know a student who seems to be distressed or distressing to others, take these three steps.

1. Learn about a distressed student
   - Someone tells you about a distressed student.
   - A student tells you he or she is distressed.
   - You are concerned about a distressed student.

2. Assess the level of distress
   - The distressed student:
     - is in immediate danger.
     - has broken the law.
     - is engaged in disruptive activity.

3. Take action
   - Call Public Safety immediately at 617.287.1212 from your cell phone, or 911 from a campus phone.
   - Contact the Office of the Dean of Students on the same business day at 617.287.5899 or dean.students@umb.edu.
   - Contact the Counseling Center at 617.287.5690 or at the Quinn Administration Building, 2nd floor.

The guidelines on this chart, which were developed by a multidisciplinary task force of the University-wide Safety Planning Committee, are intended to help all members of the UMass Boston community respond wisely and consistently in situations where there is cause for concern about the well-being of students. If you have questions about the guidelines, please contact the office of the Dean of Students at 617.287.5899 or dean.students@umb.edu.