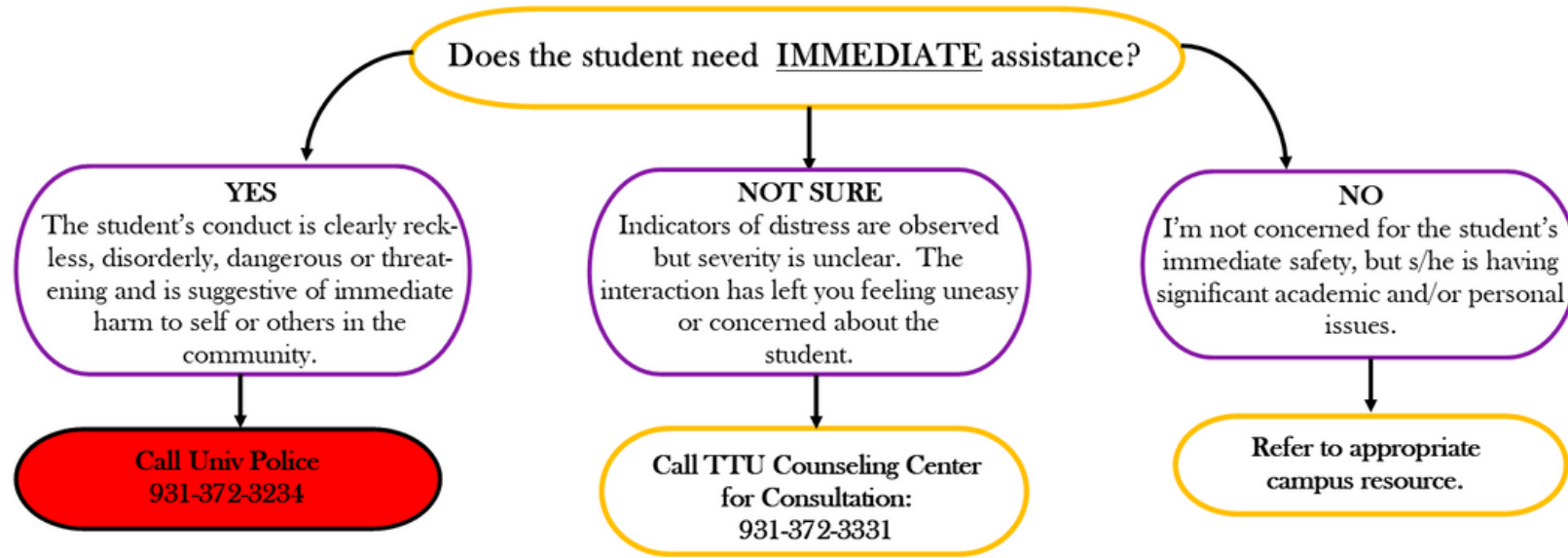


# When in Doubt, Reach Out!

# TTU Counseling Center

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.



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



## 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.



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