Helpful Resources

National Suicide Prevention Lifeline
24-hour crisis line
1-800-273-TALK (8255)

INFOLINE (Statewide)
211

Sexual Assault Crisis Services
1-888-999-5545 (English)
1-888-568-8332 (Español)

The Rowan Center
203-329-2929
(Sexual assault resources)

NAMI Student Mental Health
NAMI.org

ULifeline
ulifeline.org

Crisis Text Line
Text Hopeline to 741741
crisistextline.org

Safe Haven Domestic Violence Services
203-575-6500

Trevor Lifeline
866-488-7386 (LGBTQ+ hotline)

To report suspected child abuse or neglect
1-800-842-2288

UConn Student Care Team
studentcareteam.uconn.edu

Cody Bergeron, LCSW
Clinical Case Manager
203-251-9591
cody.bergeron@uconn.edu

Katlyn Griffin, LPC
Clinical Case Manager
203-251-9590
katlyn.griffin@uconn.edu

Monday–Friday 8:30–4:30
Room 2.13
203-251-9597
mhrc.stamford.uconn.edu
Recognize the Signs

Academic
- Overall decline in academic performance
- Poor class attendance
- Repeated missed assignments or incomplete assignments
- A change in classroom engagement
- Disturbing or alarming content in verbal or written assignments (i.e. violence)
- Patterns of perfectionism

Physical
- Significant changes in dress, hygiene, or weight
- Excessive fatigue or falling asleep in class
- Disoriented or confused
- Redness around the eyes or discoloration of skin (i.e. paleness or rashes)
- Slow or delayed speech
- Unexplained injuries, bruises, or cut/burn marks
- Inability to make eye contact

Psychological
- Tearfulness or sad mood
- Irritability or angry outbursts
- Difficulty forming or expressing ideas
- Debilitating anxiety and/or depression
- Making threats to harm self or others
- Obsessions with violence, guns, sexual assault, or animal cruelty
- Shakiness, tremors, fidgeting, or pacing
- Expressions of hopelessness or worthlessness

Assisting Students In Distress

Students oftentimes experience emotional distress while attending college for various reasons. These challenges can result in a student becoming vulnerable to poor academic performance and/or making unhealthy life choices. Sometimes students who are in distress will not ask for help or may not know how to seek help. As an administrator, faculty or staff member you can play an important role in guiding students towards services they need. If you feel concerned or alarmed about a student, please contact the Mental Health Resource Center for a consultation or refer the student to our office.

Emergency Crisis

Please contact campus police at 860-486-4800 or 911 if a student:
- Makes written or verbal comments threatening, talking about, or making plans to commit suicide
- Appears to be a threat to others and/or themselves
- Is a victim of an attack or is in physical danger
- Is disconnected from reality/exhibiting psychosis
- Is nonresponsive or incoherent

How You Can Help

- Talk to the student individually and express your care and concern
- Listen without judgement
- Be supportive and encouraging
- Provide information on how to get connected to the Mental Health Resource Center
- Notify the Care Team
- Request consultation from the campus case manager about your concerns/questions