

Success in College after Concussion WHAT TO with Effective Student Supports DO IF YOU

ARE WORRIED

During your time with your Mentee, you may observe behavior that raises concern. The Mentee may appear to be in a bad spot, and you may feel an urgent need to do something for their safety. While it is unlikely that you will encounter this, you will be more prepared as a Mentor if you know when and how to report any concerns about your Mentee's safety or the safety of others.

Behaviors that raise concern include:

- Suicidal or Homicidal ideation thoughts, ideas, statements about harming themselves or others
- **Paranoia** Substance Misuse

alcohol, over the counter, prescription, or illegal substances



When to contact the SUCCESS team?

As a SUCCESS Mentor, you are part of a team.

Remember to reach out to the SUCCESS team anytime you have concerns, or your if Mentee needs more help than you can provide. We are here to support you and your Mentee - you do not have to do this alone.

Some examples of when you may want to contact us include when your Mentee:

- Shows Red or Yellow Flag Warning Signs (see Yellow and Red Warning Signs below) Continues to make unhealthy choices
- Has academic concerns
- Stops responding to you
- Has legal issues or questions
- Is not a good match





Warning Sign Risk Levels <



person is to act on their behavior and/or how concerned you are for his/her safety. There are two levels:







Yellow Flag Warning Signs An increase in anxiety or seemingly unable to relax

- Dramatic mood or habit changes · Acting recklessly or engaging in risky activities, seemingly
- without thinking
- Intense/irrational mistrust or suspicion Looking unkept or poor hygiene
- Increased alcohol or drug use
- Withdrawing or feeling isolated
- Talking about being a burden to others
- Feeling trapped like there's no way out Talking about being in unbearable pain
- Low motivation or no sense of purpose in life

Mentee may be in distress, but you're not panicking: Redirect, Encourage, Ask, and Document.

Yellow Flag Action Plan

Use the **READ** plan of action if you get a feeling that your

Redirect conversation back to the topic. **Encourage** them to reach out to their medical team with their

concerns, as well as their SUCCESS team. Ask yourself some questions, like:

triggering this particular crisis?

the Red Flag Action Plan.

· How serious does this seem? Was this an idle comment or does this person look serious or very sad?

Is this the first time he/she has said that, looked like that, or acted like that?

• What else is going on right now? Have they mentioned other things that may be

- Assess his/her behavior at the end. Do they look like it was no big deal? Or are you still concerned?
- **Document** your concerns for the SUCCESS team, even if you feel that it was an offhand remark and not a real threat.
 - questions above. • If the more you think about it, the more worried you are, go ahead and move to

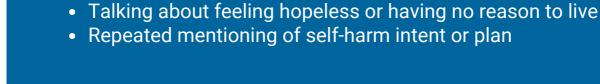
• Make note of what your Mentee said, and your internal responses to the

d Flag Warning Signs

Looking for ways to kill him/herself or others by seeking

access to firearms, available pills, or other means

Threatening to hurt or kill him/herself or others



Connect

Repeated mentioning of self-harm intent or plan

Red Flag Action Plan If you are worried that your Mentee has a plan to hurt themselves or someone else (they've expressed clear intent, and have a plan that they could act on), then it's time to ACT:

Ask.... "Are you thinking about suicide?" • Ask them a bit more about their plan – do they have a how and when plan, and do

- they have access to a method? • Do NOT promise to keep anything that they tell you a secret. If they directly ask, be honest that you will be asking for help from the SUCCESS team.
- Talk to them about who else could be a good contact for them a friend, family member, or their mental health professional • Encourage them to call the Lifeline number (800-273-8255) provided in the app, or

Be present with your Mentee. This can be virtually or face to face.

you can share it with them again too. ell

Contact the SUCCESS team immediately. You can do this in the app, or our

- If the risk is very immediate, ask your Mentee to call 911. If they will not call 911, but you think it needs to happen, contact the local police for
- a Welfare or Wellness Check (you can only call 911 yourself if you are in the same county as your Mentee).

The above information is adapted from information created by The National Suicide Prevention Lifeline Foundation. You can read the full handout here.



emergency contact line.



www.peersuccess.org