When to Refer a Student

Behavioral Health Services

Warning signals

• Behavioral or emotional change; doesn’t seem like him or herself
• Excessive crying, withdrawing from other people
• Losing interest in hobbies and activities that were previously pleasurable
• Change in sleeping and eating patterns
• Decline in functioning e.g., not attending class, not sleeping or sleeping too much
• Change in hygiene or appearance, not taking care of oneself
• Decline in academic performance
• Alcohol or drug abuse, especially a sudden or dramatic increase in use
• Anxiety, panic, or fear
• Excessive or inappropriate anger
• Others feel uncomfortable or worried about them
• Bizarre thoughts or behavior, e.g., out of touch with reality
• Overwhelming sense of apathy, indifferent to life
• Trouble concentrating or following through with plans
• Very low energy, feeling worthless and/or hopeless

• Wanting to harm self or others

http://parenthandbook.sa.ucsb.edu/campusissues/collegementalhealth.aspx
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