

## Navigating a BUMPY ROAD

and knowing the signs of distress

ALSIGNS

- Personal hygiene change
- Emotional outbursts
- Excessive weight gain or loss
- Difficulty concentrating
- Frequent illness

EMONAL SIGNS

- Increased dependency on others
- Inability to get along with others
- Withdrawing from others
- · Significant change in mood
- Overly anxious or worried
- Alarming social media posts

Struc SIGNS

- Noticeable absence(s) or tardiness
- Decline in grades and/or quality of work
- Excessively blaming others
- Alarming classroom behavior



If the behavior you've observed warrants immediate attention and is an emergency, call SMU PD ASAP at (214) 768-3333 or 911

Submit your concerns using

form available 24/7 at: smu.edu/deanofstudentsccc.

the online submission

If you are unsure if you should complete a referral, please feel free to contact us at (214) 768-4564.

THE OFFICE
OF STUDENT
SUPPORT IS
HERE TO HELP
YOU...

Connect to resources

Help a friend in need

**Discuss concerns** 

Navigate university processes

Advocate and develop a plan

Create a healthy environment

Get support after medical leave or hospital stay

Explore options for a hardship