

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

**Red Rocks Community College
Behavioral Health Services**

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

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