

Assessing a Student's Level of Risk

	Low Risk Student is looking for information or advice	Mild to Moderate Risk Concerning The situation is not urgent but a referral is needed	High to Very High Risk Elevated Not life-threatening but requires immediate action	Emergency Crisis Life threatening. Immediate risk to self or others
SELF HARM	No observable harm to self.	May be engaging in self-harm behaviours.	Engaging in self-harm behaviours. Thoughts of Suicide.	Suicidal thoughts and/or expressed a clear plan. Threats of violence or harm to self. Expressed wanting to end life.
MOOD & ATTITUDE	Stable mood, calm and takes things in stride. Experiencing and managing the normal stresses of university life. In control of their emotions.	Noticeable changes in mood and behaviour. Nervousness, irritability, sadness, feeling overwhelmed, impatient, increased worrying and/or forgetfulness. Difficulty moderating emotions.	Dramatic shift in mood or behaviour. Elevated anxiety, angry outbursts, lingering sadness, feelings of hopeless, feelings of worthlessness, negative attitude, poor performance, poor concentration and decision making. Struggling.	Overwhelmed, excessive anxiety, angry outbursts, panic attacks, depressed, suicidal thoughts or threats. Not performing tasks. Significant disturbances in thinking. Loss of hope. Cannot be calmed.
SLEEP	Normal sleep patterns, few difficulties sleeping	Trouble sleeping, intrusive thoughts.	Restless or disturbed sleep, recurrent images and/or nightmares	Unable to fall or stay asleep, sleeping too much or too little, falling asleep in class
PHYSICAL HEALTH	Physically well, good level of energy	Tired, low energy, muscle tension, headaches and/or upset stomach. Lack or appetite or over eating.	Increased fatigue, aches and pains, significant weight gain or loss.	Constant fatigue, exhaustion, physical illnesses, suicide attempts. Not well.
ACTIVITY	Physically and socially active	Decreased activity and/or socializing	Social avoidance or withdrawal. Excessive exercise or lethargy.	Isolation, avoiding social events, not going out or communicating. Withdrawn.
HABITS	No limited drug/alcohol use, good personal hygiene	Regular but controlled drug/alcohol use. May notice deterioration in personal hygiene	Increased drug/alcohol use. Not in control. Poor decision making. Lack of care in personal appearance/hygiene.	Frequent drug/alcohol use. Inability to control with severe consequences. Hospitalization. Overdose.
ACADEMICS	Consistent performance	Procrastination, missed assignments, tardiness, listlessness in class, increased absences	Decreased performance, avoidance of class participation or dominating conversation, excessive requests for undocumented special considerations. Not responding to correspondence.	Unable to perform duties, prolonged absences from class, not responsive, significant drop in grades

References:

- <https://www.ucalgary.ca/wellnesscentre/files/wellnesscentre/continuum.pdf>
- <http://www.queensu.ca/studentwellness/mental-health/how-help/information-faculty-staff/recognizing-distress>
- <https://cambriancollege.ca/bridgingthedistance/pages/peer.html>
- http://brescia.uwo.ca/life/wp-content/uploads/sites/8/2013/11/brescia_response_framework.pdf