

What do we do when a student is in crisis?

Take a moment to manage your own anxiety/stress. Breathe...

Can you move to a more private area to have a conversation?

Express your concern related to their observable behaviors and use a non-judgmental, supportive tone. Listen to understand.

"I've been worried about you because I've noticed ____ and I'd like to talk about what's going on. I'd like to help."



Communicate your understanding:

1. Repeating back essence of what student shared
2. Include content and feelings
3. Ask for conformation of your understanding

"It sounds like ____ and you're feeling ____ about the situation. Is that right?"

