

## CRITICAL

Serious risk of suicide or suicide attempt  
Specific threat of harm or violence towards self or others, verbally, phone communication, or through social media  
Severe mental health symptoms that pose a danger to the student or others

- For emergencies, call the Vanderbilt University Police Department (VUPD) at (615) 421-1911 or 911
- For immediate medical assistance, visit the nearest emergency room (for campus: VUMC ER at 1211 Medical Center Drive)
- To confirm action is taken, submit a [Student of Concern Report](#)

## ELEVATED

Suicidal ideation or thoughts, thinking about or planning suicide  
Serious social, mental health, academic or adjustment concerns where timely support and resources are needed to avoid escalation  
Distress associated with personal impacts of current events, racism/discrimination, Title IX concerns, natural disasters, political climate, etc.  
Inability to contact student after multiple attempts at outreach

- Consider any/all of the below resources, plus:
- Urgent Care Counseling at [UCC](#); Students may drop in M-F 10AM-4PM or call (615) 322-2571 to speak with a clinician 24/7
- Vanderbilt Psychiatric Hospital (M-F 8AM-11PM and Sat-Sun 8AM-8PM) or the VUMC ER
- National crisis services:
  - Text HOME to the Crisis Text Line at 741741
  - Students of color can text STEVE to the Crisis Text Line at 741741 to speak with a crisis counselor dedicated to support the mental health of students of color
  - Call the National Suicide Prevention Lifeline at 1-800-273-8255.

## MODERATE

Increase in sadness, anxiety, isolation, or stress; difficulty adjusting to college or forming relationships  
Situational stressors, including due to COVID-19, exams, poor grades, death of a close friend or family member  
Academic concerns, including multiple missed classes, missed assignments, significant drop in grade, disruptive behavior

- Consider any/all of the below resources, plus:
- Submit a [Student of Concern Report](#)
- Urgent Care Counseling at [UCC](#); Students may drop in M-F 10AM-4PM or call (615) 322-2571 to speak with a clinician 24/7

## MILD

Experiencing situational stressors, but generally coping appropriately.  
Difficult adjusting to college, homesickness, roommate conflicts, finding community, making friends  
Low or little engagement in classroom, missing a few classes or assignments

- [Student Care Network](#)
  - Complete Intake Form with the [OSCC](#) to get connected to helpful campus resources and support
  - Services at the [Center for Student Wellbeing \(CSW\)](#), including one-on-one coaching, drop-in coaching, alcohol and other drug support, workshops, and weekly wellbeing practices
  - [UCC Drop-in Consultation](#) – Various times daily
  - [Student Health Center](#)
- Academic Advisor, Campus Connector or Academic Deans for academic concerns
- Resident Adviser, Area Coordinator, VUceptor or Orientation Leader (first-year and transfer students), if applicable
- [Headspace](#), and other self-directed apps
- [Project Safe Center](#)
- VU Identity Centers: [The Women's Center](#), [Black Cultural Center](#), [LGBTQI Life](#), [Student Center for Social Justice & Identity](#), and [Center for Spiritual & Religious Life](#)
- [International Student and Scholar Services \(ISSS\)](#)

*If at any time you are unsure how to respond to or support a student in distress, please contact the Office of Student Care Coordination at (615) 343-WELL (9355) or speak with your supervisor.*

\*This Rubric is Vanderbilt University's adaptation of the Risk Rubric assessment tool by the National Association for Behavioral Intervention and Threat Assessment (NABITA).



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Office of Student Care Coordination