WE CAN HELP
Building Skill and Community in Helping Students
Using the 4 R’s

Recognize:
- Watch for groupings, frequency, and severity of behaviors.
- May be physical, psychological, academic, or directly safety related
- Trust intuition
- Increase awareness and noticing of personal and cultural biases

Refer:
IMMEDIATE RISK?

YES-
CONTACT CAMPUS SAFETY
X767 (Campus Phone) or 802-447-4250

NO-
Refer to campus resources as appropriate

MAYBE-
Call the on-call therapist for consultation and support through Campus Safety.

Respond:
- Stay Safe
- Stay Calm
- Take Your Time
- Seek Consultation
- Use Active Listening
- Ask Direct Questions
- Give Concrete Help

Resources:
Campus Safety: 802-447-4250
For Academic Issues Regarding Students: Laurie Kobik 802-440-4400
For Any Other Issues Regarding Students: Natalie Basil 802-440-4330
On Call Therapist: Call Campus Safety.