

# General Warning Signs

---

- **The following warning signs could indicate poor mental health:**

- An increase in unexplained absences or sick leave.
- Poor performance.
- Poor-time-keeping.
- Increased use of alcohol, drugs, tobacco or caffeine.
- Frequent headaches and backaches.
- Withdrawal from social contact.
- Poor judgement / indecision.
- Constant tiredness or low energy.
- Unusual displays of emotion, e.g. frequent irritability or tearfulness.
- Working slowly
- Missing deadlines
- Difficulty concentrating
- Appearing numb or emotionless
- Withdrawing from study activity and/or socially
- Overworking
- Forgetting directives, procedures and requests
- Having difficulty with transitions or changes in routines

# Disclosure of suicidal thoughts

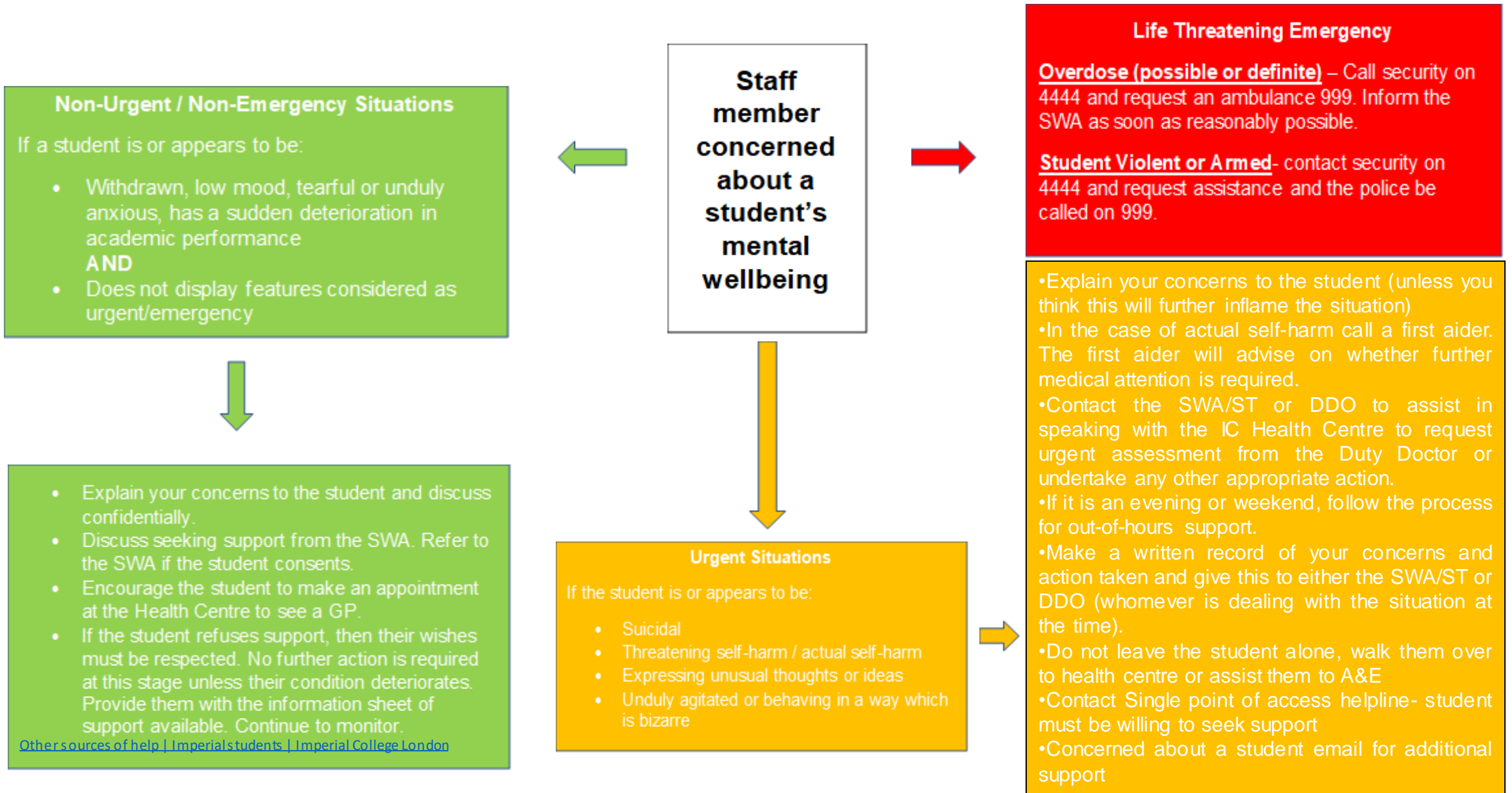
---

- In 2023, 5,579 suicides were registered in England,
- If a student discloses suicidal thoughts, do not let them leave without someone assessing the level of risk.
- Ask direct questions with regards to the disclosure:
- Asking does not increase risk of suicidal thinking
  - *“Are you having thoughts of suicide?”*
  - *“Have you ever harmed yourself before?”*
  - *“Have you ever made any attempts to take your life?”*
  - *“Have you ever had any mental health support?”*
  - *“Are you able to keep yourself safe?”*
- Appear confident as this can be reassuring to a student in crisis
- Make a written record of the disclosure made and any action taken
- If the student responds yes, ask the student if they have an intent to act on the thoughts/ plan?

# Responding

- Assess for risk suicide/self-harm- keep privacy and confidentiality in mind. Confidentiality can be broken if there is a risk of harm to self or others.
  - Listen non judgementally, resist urge to give solutions, advice or comparisons to yourself or other students.
  - Give reassurance and information.
  - Encourage appropriate professional help and support strategies, personal self-care plan.
- 
- Stay calm and recognise the signs and ask- are we both safe? Is the person able to continue the conversation? If no- get appropriate help if yes- continue.
  - Listen and explore non judgementally. Help them cope- discuss what the person needs now to stay safe, agree a plan for what will happen next.
  - Validate their disclosure- 'that sounds really difficult' summarise and repeat back to them what they have disclosed.
  - Let them know that there is support available, they are not alone and you will help them to access it. Providing a calm conversation where student feels heard and not judged.
- 
- Can be helpful to let the student know that the thoughts are temporary, will not last and that what is important is to keep them safe right now. Do not leave the student alone.
  - Ask supportive questions what has worked in the past? How can they make the environment safe now?.
  - Let advisor/safeguard lead/GP/concerned about a student know as soon as possible.
  - Look after your own wellbeing contact [CIC](#), safeguard lead, wellbeing advisor for debrief, you are not solely responsible to support the student, ask for help.

# Quick Guide: dealing with students in distress or crisis



# Support

- [Wellbeing advisors in FOE](#) and Wellbeing advisor confidentiality policy.
- [Confidentiality](#)
- [Imperial College Health Centre](#) Students must register with a UK based GP to access NHS services, [register with a London based GP](#). You can walk a student over to the health centre. When the GP is closed, [call NHS 111](#) for 24 hour support. [Single point of access 0800 328 4444](#).
- [Mental Health Crisis support numbers](#)
- In an Emergency if a person is in immediate danger of hurting themselves or others dial 999 or take them to A&E.
- A&E near south kensington Campus Chelsea and Westminster Hospital, 369 Fulham Road, London SW10 9NH.
- If you are on campus emergency services will need to be contacted through security who will guide them to the right location.
- [Safe Zone App](#) for students and staff to contact the security team in an event of an Emergency.
- [In an emergency call security](#) from external phone /college number on **0207 594 1000**.

Security South Kensington general contact numbers

From external phone: **020 7589 1000**

From College phone: **58900**

From College phone (emergency): **4444**

# Sharing concerns/joining up care

- Inform wellbeing advisor, senior tutor, safeguarding lead Lorraine Craig [l.craig@imperial.ac.uk](mailto:l.craig@imperial.ac.uk)
- Ask SWA/DDO/ST to help email to duty doctor at their GP to raise concerns for a student and ask for the GP to contact the student/follow up – written log of concerns [imperialcollege.hc@nhs.net](mailto:imperialcollege.hc@nhs.net)
- Refer to student to their GP for urgent support, Health centre number 020 7584 6301
- [Single point of access 0800 328 4444](tel:08003284444). Student can contact 24 hours.
- [Complete online form staff or student- concerned about a student](#)
- [Samaritans](#)
- [IAPT](#)
- [Papyrus](#)
- [Listening place](#)
- [Home \(studentspace.org.uk\)](http://studentspace.org.uk)

# Responding to a panic attack

- [444 breathing technique](#)
- Let them know they are safe, reassure nothing bad will happen to them.
- You are there with them and they need to focus on their breathing, this is temporary and will pass.
- Breathe in for the count of 4, hold breath for count of 4, breathe out for 4.
- Grounding technique, things you can see, hear, touch, emotion you feel- engage with present moment helps to reduce future-based anxiety response
- Perspective on situation, this is temporary it will pass
- [Exam anxiety guide](#)

# Hall wardens

Location	Hall	Warden	Email
South Kensington			
	Beit Hall	Freddie Page	<a href="mailto:freddie.page@imperial.ac.uk">freddie.page@imperial.ac.uk</a>
Eastside	Gabor	Naima Adan	<a href="mailto:n.adan@imperial.ac.uk">n.adan@imperial.ac.uk</a>
Eastside	Linstead	Daniel Balint	<a href="mailto:d.balint@imperial.ac.uk">d.balint@imperial.ac.uk</a>
Eastside	Wilkinson	Matina Giannarou	<a href="mailto:stamatia.giannarou@imperial.ac.uk">stamatia.giannarou@imperial.ac.uk</a>
Southside	Falmouth & Keogh	Paola Alejandra Cavazos	<a href="mailto:paola.saenz-cavazos17@imperial.ac.uk">paola.saenz-cavazos17@imperial.ac.uk</a>
Southside	Selkirk	Nicolas Cinosi	<a href="mailto:n.cinosi@imperial.ac.uk">n.cinosi@imperial.ac.uk</a>
Southside	Tizard	Monica Marinescu	<a href="mailto:monica.marinescu@imperial.ac.uk">monica.marinescu@imperial.ac.uk</a>
North Acton			
North Acton	Kemp Porter	Mark Kennedy	<a href="mailto:mark.kennedy@imperial.ac.uk">mark.kennedy@imperial.ac.uk</a>
North Acton		Sijia Yu	<a href="mailto:sijia.yu13@imperial.ac.uk">sijia.yu13@imperial.ac.uk</a>
North Acton	Woodward	Victor Pedrosa	<a href="mailto:v.pedrosa@imperial.ac.uk">v.pedrosa@imperial.ac.uk</a>
North Acton		Abigail Ackerman	<a href="mailto:a.ackerman14@imperial.ac.uk">a.ackerman14@imperial.ac.uk</a>
Off Campus			
Waterloo	Xenia	Andrea Giusti	<a href="mailto:a.giusti@imperial.ac.uk">a.giusti@imperial.ac.uk</a>
Paddington	Wilson House	Luke McCrone	<a href="mailto:luke.mccrone12@imperial.ac.uk">luke.mccrone12@imperial.ac.uk</a>



# Further resources to support students

- [Suicide-Safety-Plan-A5-Booklet-English-2023.pdf \(papyrus-uk.org\)](#)
- [Out of hours support leaflet](#)
- [Other sources of help](#)
- [Student support zone](#)
- [Self directed support, online CBT](#)