MISSION

The SPS CARE Team engages in proactive and collaborative approaches to identify, assess, and mitigate risks associated with students exhibiting concerning behaviors or thoughts.

By partnering with members of the community, the CARE Team strives to promote individual student wellbeing and success while emphasizing community safety.

IF YOU SEE SOMETHING, SAY SOMETHING

The following signs may indicate the need for additional support:

- Tearfulness/general emotionality
- Inability to concentrate
- Difficulty making decisions
- Lack of energy/motivation/general fatigue
- Disheveled appearance
- Deterioration in personal hygiene
- Infrequent attendance to class or meetings
- Social isolation
- Irritability or constant anxiety/mood swings
- Outbursts of anger
- Suspected alcohol or drug use
- Significant loss/gain in weight
- Expression of hopelessness or worthlessness
- Verbal or written threats made by a student towards another student, faculty or staff member
- Unusual or erratic behavior
- Messages on social media/canvas/online courses with concerning language
- Arrogant, entitled, rude, or disrespectful emails or messages to professor or other students
- Bullying and teasing behavior through messages, emails, or online bazars

IF YOU OR SOMEONE YOU KNOW IS EXHIBITING ANY OF THE ABOVE SIGNS AND/OR BEHAVIORS, PLEASE SUBMIT YOUR CONCERN TO: bit.ly/spscconcern
INSTITUTIONAL RESOURCES

SPS Division of Student Affairs 203 Lewiston Hall 212-854-0419
CU Office of Disability Services 108A Wien Hall 212-854-2388
CU Medical Services John Jay Hall, 4th Floor 212-854-7426
CU Counseling & Psychological Services Alfred Lerner Hall, 6th Floor 212-854-2878
CU Ombuds Office 660 Schermerhorn Extension 212-854-1234
CU Public Safety IGI Low Library 212-854-2797
CU University Chaplain Earl Hall 202 212-854-1493

IMPORTANT EMERGENCY NUMBERS

NYPD: ................................................................. Dial 911
CU Public Safety Emergency Line: ................................................. 212-854-5555
On-Campus Medical Emergencies: ........................................ 212-854-7426
Sexual Violence Response & Rape Crisis ................................. 212-854-HELP/4357
Anti-Violence Support Center ...................................................... 212-854-HELP/4357
Nearest Hospital Mount Sinai/St. Luke’s Roosevelt Hospital 111 Amosidera Ave, at 113th St.
Emergency Room: ................................................................. 212-523-3335
Psychiatric Emergency Room ..................................................... 212-523-3347
U.S. National Graduate Student Crisis ................................. Toll Free, 24/7 (800) GRAD-HLP
National Suicide Prevention Hotline: ........................................ 1-800-273-TALK

IF YOU ARE WORRIED ABOUT A COLUMBIA SPS STUDENT, PLEASE SUBMIT YOUR CONCERN TO: bit.ly/spsconcern