The Office of Student Support is dedicated to working collaboratively to assist students in navigating challenges that impede academic and personal success. We connect students to resources, advocate, and educate the greater SMU community to create a safe, caring, and enriching environment.

For more information, please visit www.smu.edu/deanofstudents or call us at (214) 764-4564.
Navigating a BUMPY ROAD and knowing the signs of distress

**PHYSICAL SIGNS**
- Personal hygiene change
- Emotional outbursts
- Excessive weight gain or loss
- Difficulty concentrating
- Frequent illness

**EMOTIONAL SIGNS**
- Increased dependency on others
- Inability to get along with others
- Withdrawing from others
- Significant change in mood
- Overly anxious or worried
- Alarming social media posts

**ACADEMIC SIGNS**
- Noticeable absence(s) or tardiness
- Decline in grades and/or quality of work
- Excessively blaming others
- Alarming classroom behavior

- Connect to resources
- Help a friend in need
- Discuss concerns
- Navigate university processes
- Advocate and develop a plan
- Create a healthy environment
- Get support after medical leave or hospital stay
- Explore options for a hardship

If the behavior you’ve observed warrants immediate attention and is an emergency, call SMU PD ASAP at (214) 768-3333 or 911.

Submit your concerns using the online submission form available 24/7 at: smu.edu/deanofstudentsccc. If you are unsure if you should complete a referral, please feel free to contact us at (214) 768-4564.