

Emergencies in the Classroom or Residence Hall

DASS offers the strategies below as an informal resource for faculty and staff when dealing with a perceived student emergency in the classroom or residence hall.

Seizures

- Stay calm.
- Call SMU-PD: (214) 768-3333.
- Time the seizure and share this with EMS when they arrive.
- Clear the area of any dangerous objects to prevent injury.
- If possible, gently ease them to the floor and turn them on their LEFT side to help with breathing.
- Remove any eyeglasses and loosen any restrictive items around their neck.
- Do not attempt to restrain them or put anything in their mouth.
- Only medical personnel are responsible for administering medications.
- Refer the student to DASS and Student Advocacy and Support to explore resources.

Fainting/Passing Out

- If it appears that the person has fallen and/or sustained a head or neck injury, do not attempt to move or reposition them.
- Check pulse. If no pulse, start CPR.
- Check for a medical alert bracelet and respond accordingly.
- If the person has simply passed out (no seizure, no head injury), you may reposition them onto their back and elevate their legs.
- Remove any nearby hazards.
- Monitor their condition.
- Call SMU-PD every time to ensure an incident report has been completed.

Panic Attacks

- Remain calm. Do not automatically call SMU-PD.
- Acknowledge their feelings and offer support.
- Encourage deep breathing by breathing slowly with them.
- Create a safe environment, if possible, by speaking softly and not crowding them.
- Move to a quiet area (if possible).
- Speak reassuringly: “You’re safe, tell me how I can help you.”
- Once they are calmer, offer to walk them over to Counseling Services or call SMU-PD’s non-emergency number if they prefer (214) 768-3388.
- If after-hours, the student can call 214-768-2277 to reach a crisis counselor.
- Submit a CCC referral for the Student Advocacy and Support team to offer resources.

Refer to <https://www.smu.edu/aware> for assistance with any emergency!