

STUDENT IN CRISIS RESOURCE GUIDE

UNDERLINED WORDS ARE HYPERLINKS TO THEIR WEBSITES & RESOURCES

EXAMPLES OF BEING "IN CRISIS"

- A threat, attempt, gesture or said intentions to hurt themselves or someone else.
- Student is experiencing a period of prolonged emotional dysregulation.

CONCERNING EMAIL

- Connect the student to [Mental Health Counselors](#)
- Submit a [HARRT Team Referral](#)
- Reply to the student with the [SD Access and Crisis Line](#) number and provide [additional resources](#)
- Notify the [Dean of Student Engagement & Belonging](#)
- If there is imminent danger, call 911

SUBTLE SIGNS OF PSYCHOLOGICAL DISTRESS

- Decrease in grade and productivity
- Student becomes distant and appears more down/sad
- Noticeable change in behavior

STUDENT IN CRISIS IN-PERSON/ON-CAMPUS OR ZOOM

- Talk to the student directly and privately
- Listen and validate their feelings/situation
- Student is experiencing a period of prolonged emotional dysregulation.

IN A CLASSROOM

- Be mindful of other students' safety
- Ensure other students are able to exit safely

If the student is a danger to self and/or others follow the **RED PATH**

EMERGENCY

If the student is distressed but no imminent threat to self and/or others follow the **WHITE PATH**

NON-EMERGENCY

REFER STUDENT TO THE APPROPRIATE RESOURCE

- Connect the student to [Mental Health Counselors](#)
 - Location: Health & Wellness Center (Student Center, I-134)
 - Contact: 619-660-4200
- Submit a [HARRT Team Referral](#)
- Notify the [Dean of Student Engagement & Belonging](#)
- Provide [additional resources](#)

EMERGENCY

In danger to self and/or others

Remain with the student if possible

CALL 9-1-1

Stay on the line until help arrives

Notify the [Dean of Student Engagement & Belonging](#)

ON CAMPUS

[MENTAL HEALTH COUNSELORS](#)
619-660-4200

Submit a [HARRT Team referral](#)

[HEALTH AND WELLNESS CENTER](#)
619-660-4200

Notify the [Dean of Student Engagement & Belonging](#)

NON-EMERGENCY SITUATIONS

In distress but not in danger to self and/or others

OFF CAMPUS

858-565-5200
888-724-7240

[ADDITIONAL RESOURCES](#)



MENTAL HEALTH COUNSELORS

[MENTAL HEALTH COUNSELORS](#)
P: 619-660-4200

If unavailable, please leave a message and/or refer to the [SD Access and Crisis Line](#)
1-888-724-7240



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