STUDENT IN CRISIS RESOURCE GUIDE

***UNDERLINED WORDS ARE HYPERLINKS TO THEIR WEBSITES & RESOURCES**

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

- Talk to the student directly and privately
- Listen and validate their feelings/situation

Examples of being "IN CRISIS"

hurt themself

hurt someone

• A threat, attempt, gesture or said intentions to

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• Student is experiencing a prolonged panic attack

• Express your concerns for their wellbeing

IN A CLASSROOM

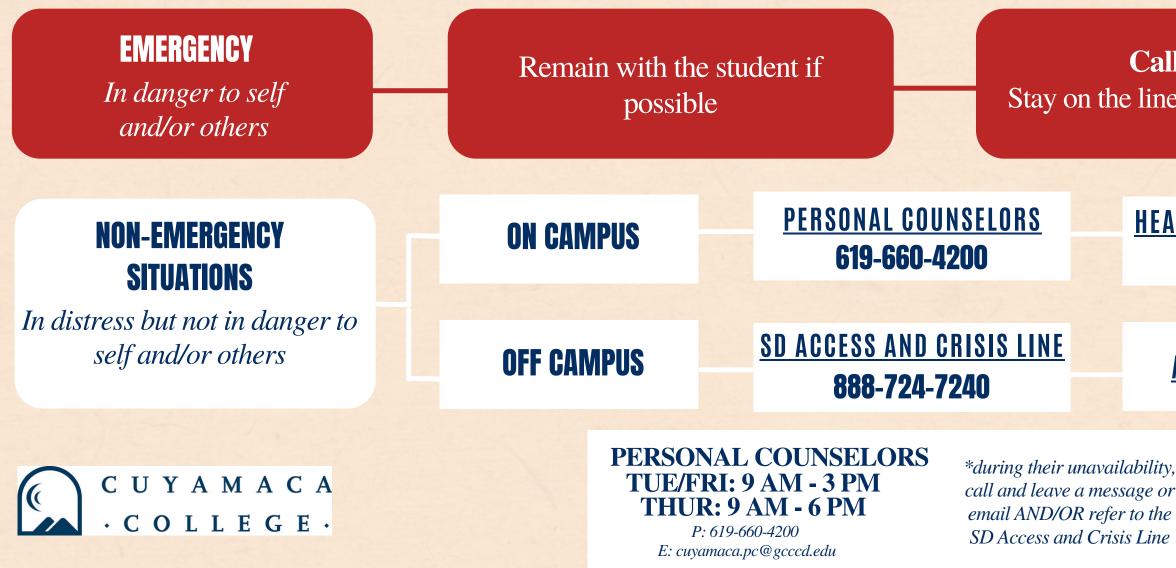
- Be mindful of other student's safety
- Ensure other students are able to exit safely

If the student is a danger to self and/or others follow red path below (EMERGENCY)

If the student is distressed but no imminent threat to self and/or others = follow white path (NON-EMERGENCY)

CONCERNING EMAIL

- Reply to the student with the <u>SD access and</u> crisis line number and provide additional resources.
- Connect the student to Personal Counselors
- Notify the Dean of Student Affairs
- If there is imminent danger, call 911



REFER THE STUDENT TO THE APPROPRIATE RESOURCE

• Connect the student to <u>Personal Counselors</u>

- Hours: TUE/FRI: 9-3PM, THUR: 9-6 PM
- Location: Health & Wellness Center (Student Center, I-134)
- Contact: 619-660-4200
- Email: cuyamaca.pc@gcccd.edu 0
- Notify the Dean of Student Affairs
- Provide <u>additional resources</u>

SUBTLE SIGNS OF PSYCHOLOGICAL DISTRESS

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

Call 9-1-1 Stay on the line until help arrives

Notify the Dean of **Students Affairs**

HEALTH AND WELLNESS CENTER 619-660-4200

ADDITIONAL RESOURCES

Notify the Dean of Student Affairs

