

# 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
- Express your concerns for their well-being

### 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)

## REFER THE STUDENT TO THE APPROPRIATE RESOURCE

- Connect the student to Personal Counselors
  - **Spring '23 Hours:** MON&WED: 9AM - 5PM ; TUE&FRI: 9AM-3PM; THUR: 9AM-6PM
  - **Location:** Health & Wellness Center (Student Center, I-134)
  - **Contact:** 619-660-4200
  - **Email:** [cuyamaca.pc@gcccd.edu](mailto:cuyamaca.pc@gcccd.edu)
- Notify the Dean of Student Affairs
- Provide additional resources

### Examples of being "IN CRISIS"

- A threat, attempt, gesture or said intentions to hurt themselves
- A threat, attempt, gesture or said intentions to hurt someone
- Student is experiencing a prolonged panic attack

### CONCERNING EMAIL

- Reply to the student with the SD access and 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

### SUBTLE SIGNS OF PSYCHOLOGICAL DISTRESS

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

### 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 Students Affairs

### NON-EMERGENCY SITUATIONS

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

### ON CAMPUS

PERSONAL COUNSELORS  
**619-660-4200**

HEALTH AND WELLNESS CENTER  
**619-660-4200**

Notify the Dean of Student Affairs

### OFF CAMPUS

SD ACCESS AND CRISIS LINE  
**888-724-7240**

ADDITIONAL RESOURCES



**PERSONAL COUNSELORS**  
MON&WED: 9 AM - 5 PM  
TUE&FRI: 9 AM - 3PM  
THURS: 9AM - 6PM

P: 619-660-4200 E: [cuyamaca.pc@gcccd.edu](mailto:cuyamaca.pc@gcccd.edu)

*\*during their unavailability, call and leave a message or email AND/OR refer to the SD Access and Crisis Line*

