

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**
- 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

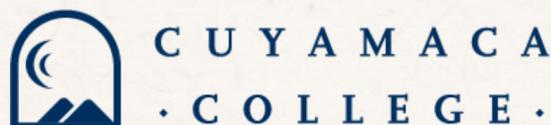
HEALTH AND WELLNESS CENTER
619-660-4200

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

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

P: 619-660-4200 E: cuyamaca.pc@gcccd.edu

