Guidelines for Assisting Students in CRISIS/DISTRESS

Warning Signs
- Serious stated intent to harm self or others
- Undue aggressive or threatening behavior toward self or others
- Drug use or impairment from drugs/alcohol
- Neglect of academic work/personal appearance
- Signs and symptoms of physical abuse (bruising, weight loss, lacerations, etc.)
- Expressions of distress, either verbally or in writing (emotional lability; crying, anger outbursts, inappropriate laughter)
- Abrupt changes in personality
- Unusual sadness and discouragement
- Unwillingness or inability to communicate
- Confusion or inability to concentrate
- Restlessness, disorganized behavior
- Isolated socially
- Displays impulsive behavior (bullies, threats, abusive language)
- A pronounced and sudden change in attendance patterns, tardiness and increased absences

Additional Referrals

**Suicide Hotline:** (877) 727-4747

**National Suicide Hotline:**
(800)SUICIDE, (800) 273-TALK
http://suicidehotlines.com
www.suicidepreventionlifeline.org

**CAT (Centralized Assessment Team):**
(866) 830-6011
Emergency psychiatric evaluation
24 hours/7 days a week

**California Youth Crisis Hotline:**
(800) 843-5200
24 hours/7 days a week
www.youthcrisisline.org

**Domestic Violence Hotline:**
(800) 799-7233 or (800) 787-3224 (TTY)

**GLBT (Gay Lesbian, Bisexual, Transgender):**
(888) 843-4564
www.glnh.org

**Rape Crisis Hotline:**
(800) 656-4673
www.rainn.org

**National Child Abuse Hotline:**
(800) 422-4453 - 24 hours/ 7 days a week
www.childhelp.org/hotline

**Women’s Transitional Living Center:**
(714) 992-1931 - 24 hour hotline
www.wtlc.org

**Elder/Dependent Adult Abuse Hotline:**
(800) 451-5155 - 24 hour hotline
Seniors and disabled adults only.

**Social Services Referrals:**
Call 211
www.211.org

Further referrals can be found on the Health Center web site at
http://healthservices.fullcoll.edu

What You Can Do

**Immediate Threat**

If you believe that someone may pose an immediate threat to him/herself or others or is gravely disabled, immediately call Campus Safety at ext. 27777 from a campus phone or 1-714- 992-7777 from a cell phone or *81 from a campus pay phone.

Faculty/Staff
↓
Campus Safety
↓
Area Dean/Manager
↓
Health Services

**NO Immediate Threat**

You can assist him/her in accessing help by referring them to the Student Health Center’s Psychologist(s) at 1-714- 992-7093. If possible and appropriate, escort the student to the contacted office. See below for hours of operation and other resource numbers that can be given to the student.

Faculty/Staff
↓
Area Dean/Manager
↓
Health Services

Campus Contact Information

**Campus Safety,** ext. 27080 or 1-714- 992-7080, then press “0”
**Emergency,** ext. 27777 or 1-714-992-7777

**Student Health Center,** ext. 27093 or 1-714-992-7093
Monday – Thursday 8:00 am to 7:00 pm
Friday – 8:00 am to 5:00 pm

Further referrals can be found on the Health Center web site at
http://healthservices.fullcoll.edu