

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

What You Can Do

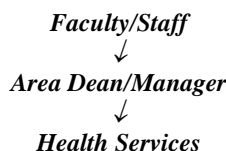
Immediate Threat

*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.*



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.



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

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>