

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 www.youthcrisisline.org
24 hours/7 days a week

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

Women's Transitional Living Center:
(877) 531-5522 (24 hour hotline) www.wtlc.org

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

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

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

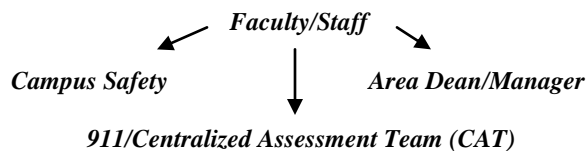
Elder/Dependent Adult Abuse Hotline:
(800) 451-5155 - 24 hour hotline

Social Services Referrals:
Dial 2-1-1 (landline) www.211.org

What You Can Do

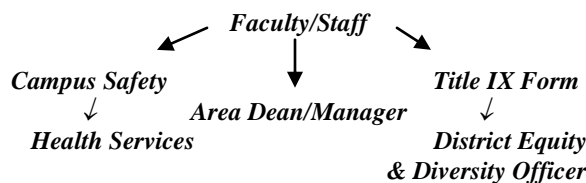
Immediate Threat

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.



Sexual Assault

If you believe that someone has been a victim of Sexual Violence, **immediately call Campus Safety** (see phone numbers above). If student is willing, direct him/her to the pre-designated hospitals below for Evidence Collection/Treatment (Health Services does NOT do physical exams on sexual assault victims).
Orange County: Anaheim Regional (714.999.5136)
LA County: Pomona Valley Hospital (909.865.9500)



Campus Contact Information

Campus Safety: ext. 27080 or 714- 992-7080, then press "0"

Emergency: ext. 27777 or 714-992-7777

Student Health Center: ext. 27093 or 714-992-7093
Hours: Mon, Wed, Thu, Fri – 9:00 am to 5:00 pm
Tue – 10:00 am to 6:30 pm

Further referrals can be found on the Health Center web site at <http://healthservices.fullcoll.edu> and in the J: Drive (Student Resources Handouts)