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 liability; 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 911

- 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 Services’ Psychologist(s) at 951-571-6103. 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 or check the MVC Health Services website.

- Faculty/Staff
  - Area Dean/Manager
  - Health Services

**Suicide Hotline:** (877) 727-4747 (24/7)
**Lifeline:** (800) 273-8255

**National Suicide Hotline:**
1(800) SUICIDE
1-(800) 273-TALK -8255
http://suicidehotlines.com
www.suicidepreventionlifeline.org

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

**Domestic Violence Hotline:**
(800) 799-7233 or (800) 787-3224 (TTY)
www.thehotline.org

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

**Sexual Assault Hotline:**
(800)656-673
www.rainn.org

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

**Women’s Transitional Living Center:**
(714) 992-1931- 24-hour hotline
www.domesticshelters.org
www.wtlc.org
877-531-5522

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

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

**MVC College Contact Information**

- **Campus Safety:** 911
- **Health Services:** ext. 6103 or 1-951-571-6103
  - M-Th: 8:00 am to 4:00 pm F: 8-12
  - Summers: M-Th: 8:00-4:30 Fridays: Closed

Go to: www.mvc.edu/services/hs/ for on-line chat, additional resources and Kognito Trainings