

# 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](http://www.suicidepreventionlifeline.org)

**CAT (Centralized Assessment Team):**  
(800) 706-7500  
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](http://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](http://www.glnh.org)

**Rape Crisis Hotline:**  
(800) 656-4673  
[www.rainn.org](http://www.rainn.org)

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

**Women's Transitional Living Center:**  
(714) 992-1931- 24 hour hotline  
[www.wtlc.org](http://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](http://www.211.org)

## What You Can Do

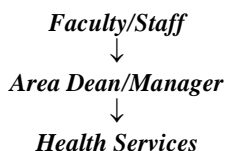
### Immediate Threat

*If you believe that someone may pose an immediate threat to him/herself or others or is gravely disabled, **immediately call Campus Safety 911***



### 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.*



### MVC College Contact Information

**Campus Safety: 911**

**Health Services:** ext. 6103 or  
1-951-571-6103

Go to: [www.mvc.edu/services/hs/](http://www.mvc.edu/services/hs/)  
for on-line chat, additional  
resources and Kognito Trainings  
M-Th: 8:00 am to 4:00 pm F: 8-12  
Summers: M-Th: 8:00-4:30 Fridays: Closed