

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

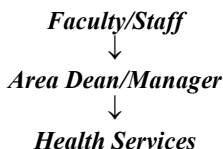
Immediate Threat

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



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.



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