



STUDENT IN CRISIS

QUICK GUIDE

KNOW THE SIGNS

- Expressed hopelessness
- Easily agitated, extremely disruptive
- Increased use of drugs or alcohol
- Giving away belongings
- Withdrawal
- No sense of purpose
- Reckless behavior

ASSESS FOR SUICIDE

- Ask if the student has thoughts of killing or hurting themselves
- Ask if they have a plan to die by suicide
- Ask if they have a method/means for the plan

RESPOND & GIVE RESOURCES

A yes to more than one of the suicide assessment questions requires immediate intervention, call one of the following:

- SLO Cuesta Health Center*—ext. 9920, room 3150
- SLO Campus Police—ext. **3911** or
- NC Campus Police—ext. **4911** or
- If off campus, call local police—**911**

If the student answers yes to none or only the first suicide assessment question(s), refer them to:

- SLO Cuesta Health Center*—ext. 9920, **room 3150**
- NC Cuesta Health Center*—ext. 9920, **room 3025**
- SLO Hotline—**(800) 783-0607**

*Do not email or call; walk student there

TO RECAP

- Assess for risk of suicide or self-harm
- Listen non-judgmentally
- Provide reassurance
- Encourage appropriate professional help, self-help and other support strategies



Student Health Center

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THERAPY CONTACTS & RESOURCES

Mental Health Evaluation Team

(805) 781-4700 | 24-hour hotline

Crisis Stabilization Unit

(805) 788-2507

SLO Hotline

(800) 783-0607 | Mental health support, crisis and suicide prevention. Free 24/7

United Way

2-1-1 | This is 3-digit, non-emergency phone number that brings people and community services & resources together.

The Trevor Project

(866) 488-7386 | Hotline for LGBTQ youth 24/7

SLO Hospice

SLO (805) 544-2266 | North County (805) 226-5641

Grief counseling & 10 free sessions for suicide loss survivors.

Wilshire Hospice

(805) 782-8608

Community Counseling Center SLO

(805) 543-7969 | Sliding scale fees

SLO County Drug & Alcohol

SLO (805) 781-4753 | Atascadero (805) 461-6080

Paso Robles (805) 226-3200 | Grover Beach (805) 473-7080

SLO Vet Center

(805) 782-9101 | Confidential readjustment counseling & PTSD

Lumina Alliance

(805) 781-6400 | Sexual assault, domestic violence, intimate partner violence 24/7

www.t-mha.org

Transitions Mental Health Association (TMHA)

meetings.sloaa.org

Alcoholics Anonymous

www.al-anoncentralcoast.org

Al-Anon/Alateen

www.centralcoastna.org

Narcotics Anonymous

Community Health Centers

(866) 614-4636 | Individual counseling, medication management and support groups (for MediCal)

SLO County Behavioral Health

(805) 461-6060

Yellow House Project

(805) 225-7302 | Eating Disorders

