



Referral and Support for Mental Health Student Services Division

Psychiatric Event

Severe psychiatric episodes that may threaten the health or safety of the person experiencing them or those around him/her are increasingly common. People who are out of touch with reality, extremely paranoid, or in other ways threatening or menacing must receive immediate attention and support. Such individuals may require referral to local mental health resources. In these cases, cooperative efforts between all support staff, including police offices and counselors, must be assured.

IF.....Someone appears to pose an immediate threat to his/her own or another’s safety, THEN...Call Campus Police immediately at 954-5000 and give them the specific details on:

- Exact location
- Description of persons involved
- Behavior causing concern

Campus Police will evaluate the situation and bring in additional resources as needed.

Campus Event

This refers to more widely known events with broad impact on a number of people. 9/11 provides the best example of this. However, the unexpected death of an instructor or coworker can induce a similar form of “post-traumatic stress”. Such occurrences may require the presence of counselors for a period of time to support traumatized individuals.

IF.....You witness a major traumatic event and believe that you, student(s), or others need the immediate support of counseling staff THEN...Call the following offices, indicate that you need to arrange crisis counseling, and ask for:

1. Dean of Counseling & Special Services.....954-5151 Ext. 6279 or Ext. 6277
2. Director of Student Support Services.....954-5151 Ext. 6290 or Ext. 6287
3. Director of Career/Transfer & Counseling Center....954-5151 Ext. 6218 or Ext. 6338

Life Issues Event

The most common of crises are those situational events that occur for many people on a more frequent basis. Those experiencing this type of personal crisis should be treated with great support and care. However, it is recognized that individuals in this category may experience these events (and their affects) on a more temporary, situational basis. Family conflicts, illnesses, financial pressures, substance abuse, or other transient issues may require counseling support. Staff should always assure that such students or staff are properly connected to family or other community resources.

IF.....An individual appears to be depressed, troubled, or in other ways bothered by some personal issue – THEN...Call the Dean of Counseling and Special Services at 954-5151 Ext. 6279 or Ext. 6277. Explain that you are a member of our College Staff and explain the issue that prompts your call. S/he will make immediate arrangements for a counseling appointment.

Key Telephone Numbers

CAMPUS RESOURCES

Campus Police.....EXT. 5000

Counseling & Special Services.....EXT. 6279

Disability Support Programs & Services (DSPS).....EXT. 6290

Extended Opportunity Program & Services (EOPS).....EXT. 6292

Vice President of Student Services.....EXT. 5632

COMMUNITY RESOURCES

SJ Co. Warm Line 24/7 365.....468-3585

SJ Co. Mental Health Services.....468-8686

SJ Co. Children’s Services.....468-2385

SJ Co. Adult Services.....468-8700

Domestic Violence Helpline.....465-4878

Sexual Assault Helpline.....465-4997

Women’s Center.....941-2611

St. Mary’s Dining Hall.....467-0703

Homeless Ages 12-20.....1-800-769-HELP

Catholic Charities.....444-5900

Emergency Food Bank.....464-7369

Family Resource and Referral.....948-1553

Hospice/San Joaquin County.....957-3888

Planned Parenthood.....800-711-9848

Pregnancy Help Center.....933-9131

SJ County Legal Aid.....946-0605

Suicide Hotline.....1-800-SUICIDE

1-800-784-2433