

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 directly if the student has thoughts of killing or hurting themselves
- Ask if they have a plan to do it
- Ask if they have a method/means to do it

Respond & Give Resources

If the student answers **YES TO MORE THAN ONE** of the suicide assessment questions, call:

- **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. 3171, room 3150
- **NC Cuesta Health Center*** – ext. 4207, 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



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