



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. If the person is not safe call 911. Otherwise call for professional help using the resources below:

Cuesta Health Center—(805) 546-3171

Call Ahead, Walk the Student Over

Central Coast 24-hr Hotline—Call or TEXT (800) 783 -0607

Cuesta Campus Police—ext. 3205 or

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

SLO Cuesta Health Center —room 3150

NCC Cuesta Health Center — room N1013

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) 788-2509 | sierramentalconwellness.org | (800) 783-0607 24-hr hotline

Crisis Stabilization Unit

(805) 788-2507 | sierramentalconwellness.org | Crisis Mental Health Services

Central Coast Hotline

(800) 783-0607 | 24-hr hotline | t-mha.org/central-coast-hotline.php | Confidential mental health guidance, crisis and suicide prevention Hotline

United Way

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

The Trevor Project

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

SLO Hospice

SLO (805) 544-2266 | North County (805) 226-5641 | hospiceslo.org
Free Grief counseling and support for suicide loss survivors

Wilshire Health & Community Services

(805) 782-8608 | wilshirehospicecc.org | End of life Care

Community Counseling Center SLO

(805) 543-7969 | Sliding scale fees | cccslo.org

County Behavioral Health

SLO (805) 781-4700 | Atascadero (805) 461-6060
Arroyo Grande (805) 540-0279 | slocounty.ca.gov/departments/health-agency/behavioral-health.aspx

County Drug & Alcohol Services

SLO (805) 781-4753 | Atascadero (805) 461-6080
Paso Robles (805) 226-3200 | Grover Beach (805) 473-7080

SLO Vet Center

(805) 782-9101 | va.gov/san-luis-obispo-vet-center | Confidential readjustment counseling & PTSD

Lumina Alliance

(805) 781-6400 | luminaalliance.org | Sexual assault, intimate partner violence 24/7 | 26- Therapy Sessions

Transitions Mental Health Association (TMHA)

(805) 540-6500 | t-mha.org | Mental Health & Community Services

Alcoholics Anonymous

(805) 541-3211 | sloaa.org | Alcohol Addiction Support

Al-Anon/Alateen

628) 400-3033 | al-anoncentralcoast.org | Mutual support for others drinking

Narcotics Anonymous

(800) 549-7730 24-hr Help Line | centralcoastna.org | Therapeutic Addiction Help

Community Health Centers

(805) 361-8400 Text or Call | (866) 614-4636 Toll-free | communityhealthcenters.org | Low-Cost Medical Care & Mental Health Care

Yellow House Project

(805) 305-9911 | marlenatanner.com | Therapy for Eating Disorders

