



# HOW TO HELP A STUDENT IN NEED

## ▪ **RECOGNIZE**

- Familiarize yourself with signs of distress

## ▪ **OFFER SUPPORT**

- Ask questions and listen
- Show concern, interest and understanding
- Ask about self harm if you're concerned

## ▪ **CONNECT TO RESOURCES ON CAMPUS**

**Short-term Individual Counseling:** Stop by the Student Health and Wellness Center to schedule an appointment and complete an intake packet.

**Drop-in Counseling:** General Counseling, Student Services & Administration Building, First Floor.

**Peer Support Group:** Chill and Chat - Every Wednesday from 2:00 pm to 3:30 pm, Student Services & Administration Building, Room 1602.

**Student Behavioral Health Workshops:** 13 Reason's Why Not Workshops - The second Wednesday of every month from 2:00 pm to 3:30 pm, Student Services & Administration Building, Room 1602.

**Helping Hands:** Red Helping Hand Signs posted on Staff/Faculty door indicates to students that this is a safe place to talk about anything and obtain emotional support from this staff/faculty member.

## ▪ **COMMUNICATE and DOCUMENT**

Inform your Dean and report the incident

## **Resource:**

**LPC BIRT** <http://www.laspositascollege.edu/birt/> Online Resource for College Mental Health  
<http://www.ulifeline.org/laspositascollege>

**Campus Safety (925) 424-1690**

**Disabled Students Program & Services (925) 424-1510**  
**LPC Counseling (925)424-1400**

Student Health & Wellness Center (925) 424-1830

**24/7 National suicide prevention crisis line (800)273-TALK**

Tri Valley Haven Sexual Assault Crisis Line (800) 884-8119

**24/7 Crisis Text Line: "Courage" 741-741**

## **SIGNS OF DISTRESS:**

### **SAFETY RISKS**

- Physical violence
- High risk / dangerous behavior
- Suicidal thoughts or behavior
- Communicating threats
- Increased alcohol and/or substance use

### **CHANGE IN BEHAVIOR**

- Sad, anxious, empty mood, or mood swings
- Hopelessness, guilt, worthlessness
- Loss of interest or pleasure in activities
- Withdrawal and isolation
- Financial recklessness
- High levels of irritability or anger
- Unusual apathy

### **CHANGE IN PERFORMANCE**

- Inability to concentrate or make decisions
- Missed or coming late for classes or work
- Excessive procrastination
- Disorganized

### **PHYSICAL SYMPTOMS**

- Fatigue, lack of energy or sleep disturbance
- Change in personal hygiene
- Change in appetite; weight loss or gain
- Agitation, restlessness
- Delusions and paranoia

## **Connect To Community Mental Health Services:**

### **Tri-Valley Sliding Scale Counseling Centers:**

Anthropos Counseling Center: (925) 449-7325 Pleasanton

Community Counseling Center: (925) 600- 9762 Tri Valley

Haven Counseling Center: (925) 449-5845

### **Medi-Cal Counseling/Psychiatry:**

Alameda County: ACCESS PROGRAM: 1-800-491-9099

Contra Costa County: ACCESS PROGRAM: 1-888-678-7277

San Joaquin County: ACCESS PROGRAM: 1-888-468-9370

**Website to help find a Psychiatrist/Counselor with insurance - [www.psychologytoday.com/](http://www.psychologytoday.com/)**