

.....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 officers 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 and Special Services at 954-5151 Ext. 6279 or 954-5151 Ext. 6277
2. Director of Student Support Services at 954-5151 Ext. 6290 or Ext. 6287
3. Director of Career/Transfer & Outreach Services at 954-5151 Ext. 6218 or 6338

.....Life Issues/Events

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 954-5151 Ext. 6277. Explain that you are a member of our College Staff and 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 and
Special Services..... Ext. 6279
DSPS..... Ext. 6290
EOPS..... Ext. 6292
Vice President of
Student Services Ext. 5632
Financial Aid Ext. 6131

COMMUNITY RESOURCES

SJ Co. Warm Line 24/7365..... 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
Catholic Charities 444-5910
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
Homeless Ages 12-20 1-800-769-HELP



San Joaquin Delta College

Referral and Support for Mental Health Issues



Student Services Division