



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. Electronic Intake Packet also available on LPC Student Health and Wellness Center web site home page, send to pgonsman@laspositascollege.edu

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

Peer Support Group: Chill and Chat - Every Monday from 10:00 am to 11:00 am, via Zoom. Contact pgonsman@laspositascollege.edu for Zoom link. **Student Behavioral Health Workshops:** - The second Wednesday of every month from 2:00 pm to 3:30 pm, via Zoom contact pgonsman@laspositascollege.edu for Zoom links

▪ **COMMUNICATE and DOCUMENT**

Inform your immediate supervisor and report the incident to campus safety and security

LPC Resources:

Las Positas College Behavioral Incident Resource Team
<http://www.laspositascollege.edu/birt/>

Campus Safety (925) 424-1690

Disabled Students Program & Services (925) 424-1510

LPC Counseling (925) 424-1400

Student Health & Wellness Center (925) 424-1830

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

Community Resources:

College mental health resource:
<http://www.ulifeline.org/laspositascollege>

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

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