

RESPONDING TO MENTAL HEALTH ISSUES ON CAMPUS

REFERRING A STUDENT

Ordinary Referrals: In a non-emergency situation, faculty, staff, and students may recommend that the student call or walk into the UDC Counseling and Student Development Center (CSDC) in order to schedule an initial Consultation appointment. Appointments are preferred and are typically the best way to ensure an ideal process.

Emergency Referrals: In case of a mental health emergency and/or there is concern about an escalating crisis, faculty, staff, and students may accompany students to the CSDC. If possible, please call the CSDC in advance with the name of the student and type of crisis. If necessary, do not hesitate to call UDC police at (202.274.5050) to escort you. Situations requiring immediate attention include, but not limited to the following:

- Suicidal or homicidal ideation (i.e., expressing thoughts that they may harm themselves or someone else)
- Having expressed concerns that they may have experienced a recent traumatic event or feel worried about their imminent safety (i.e., concerns about violence, sexual assault, stalking)
- Erratic or inappropriate behavior that appears to have a negative impact on the individual's ability to function (i.e., the student appears to be talking to himself/herself, the student seems to be significantly disoriented, in extreme panic, lacks self-care, has incoherent speech)
- Emotional distress so significant that they are unable to be consoled/calmed down

RESPONDING TO A STUDENT IN CRISIS

Monday – Friday 9 a.m.-5 p.m.: Contact the Counseling Center (202.274.6000) and escort the student to our office at Building 39, Suite 120. Staff will assess the student and make a determination about the level of risk and treatment needed at that point.

Weekends/Holidays/Evenings:

Help-Seeking Individuals: To assist a student who appears to be experiencing extreme emotional distress and/or a mental health emergency (risk of harm to self or others) and is *cooperative or responsive to help*:

Access Helpline: 1-888-7WE-HELP or 1-888-793-4357

The student should call this number for assistance. This 24-hour, seven-day-a-week telephone line operated by DC Department of Behavioral Health is staffed by professionals who can refer a caller to immediate help or ongoing care.

National Suicide Prevention Lifeline: 1-800-273-TALK or 1-800-273-8255

The student may call the hotline to speak with a skilled, trained counselor at a crisis center in the area, anytime 24/7.

Help-Resistant Individuals: To assist when a student appears to be risk of harm to self or others *and is not cooperative or willing to seek treatment*, the following options are available:

If you have time to see if the city's mobile crisis unit can drive to meet the student to conduct an assessment: Call the Mobile Crisis Team (202-673-9300), and be sure to describe your concern in terms of potential risk of harm. The Mobile Crisis Unit can be contacted every day 9 a.m. – 1 a.m. for crisis stabilization.

If you need immediate response and transportation: Call Public Safety (202.274.5050) or 911. MPD can initiate an involuntary commitment for inpatient hospitalization in the case of harm to self or others

You may call the Counseling Center for additional guidance in dealing with the crisis at hand. If you do not reach the Counseling Center staff immediately, proceed with making the appropriate emergency contact.