



SEE SOMETHING SAY SOMETHING DO SOMETHING

DISTRESSED STUDENT



Student Conduct Violation:
Dean of Student Affairs, Student Life and Engagement
(707) 256-7 P S
Title IX Violation (sexual harassment):
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DISTRESSED



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DISTRESSED STUDENT

INTERACTING WITH DISTRESSED STUDENTS

If in doubt about the seriousness of the situation the best strategy to support yourself and the other person is contact Student Health Center at (707) 256-7780, or College Police at (707) 256-7777 for consultation. Act sooner rather than later to prevent uncomfortable situations from escalating into crises or confrontations.

DISTRESSED STUDENT

- Let the student know that you are concerned about them and would like to help.
- Give them information about counseling at the Student Health Center and offer to walk them over.
- Allow them to discuss their thoughts and feelings, which often helps relieve pressure.
- Avoid offering lots of advice or solutions, but do direct to appropriate service for any specific need.
- Don't be afraid to ask directly about suicide: "Are you thinking about suicide/killing yourself?"
- Stay safe and maintain the boundaries of your professional role. You are not a therapist.

DISRUPTIVE OR HOSTILE STUDENT

- Ensure the safety of yourself and those present.
- Be calm and non-confrontational to defuse and de-escalate the situation.
- Set limits on inappropriate behavior, such as cursing or yelling. If the behavior persists, notify the student that disciplinary action may be taken.
- Ask the student to leave. Call College Police if there is a safety risk.
- Report incident to appropriate service. See the RESPONSE PROTOCOL for your options.

**SAFETY
FIRST!**

If you are concerned for your own safety or the safety of another, do not hesitate to call 911 or College Police at (707) 256-7777.



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College Police 256-7777
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Student Health Center (707) 256-7780
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Mentis Bilingual

4 D B O D P E F

Napa County Mental Health

4 V J D J E F \$ S J T J T Lifeline
GPSNFMSZ /BUJPOBM 4VJDJEF 1SFWFUJPO -JGFMJO

Crisis Text Line Text HOME to
741741

NEWS (707) 255-6397
*Napa Domestic Violence/
Sexual Assault Support*

LGBTQ Connection (707)251-9432
Napa/Sonoma

NVC's comprehensive guide on Assisting Emotionally Distressed Students is available as a handbook online at the Student HealthCenter webpage, or by calling (707) 256-7780, and they'll deliver a hardcopy to you.