

LRCCD Student Health & Wellness (SHWC) Mental Health Emergency

Please follow the guidance below if a student is showing signs of a mental health emergency.

What is a mental health emergency?

Suicide: harm to self (thinking, verbalization, written, art or behavior)
"I want to die"
"I want to kill myself"

Homicidal: harm to others (aggressive and/or violent towards others)
"I want to hurt someone"
"I am going to hurt them"

Gravely impaired: confused, agitated, disoriented, hearing or seeing things other people cannot (out of touch with reality)



Life-Threatening

Threatening to end their life or someone else's life in front of you with the means (just took pills to overdose, dangerous behaviors, etc).



Identified Risk

Student has a mental health emergency (suicide, homicidal, gravely impaired) through thinking, verbalization, written, art or behavior.

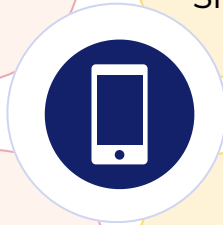


Call 911 Immediately

If in person: walk student to SHWC for confidential care. **If the student cannot be walked or is not in person:** contact the SHWC. The MH team will respond to the student's location or virtually.



Notify the SHWC and your direct supervisor immediately for care coordination.



Trained staff will conduct a risk assessment. Staff will determine the level of risk and develop a safety plan and next steps.

**SHWC cannot provide updates due to patient confidentiality.*

After Hours or SHWC Closed

If **identified risk** - provide student with crisis resources and call emergency contact (if listed). Notify the SHWC the next business day. If life threatening, follow guidance above.

Crisis Resources

Call/Text 988
Mental Health Urgent Care Clinic
(916) 520-2460
2130 Stockton Blvd, #300
Sacramento, CA 95817

Text '**COURAGE**' to **741741**
Sacramento PD Non-Emergency:
916-264-5471 and ask for Mobile Crisis Response Team

Consult

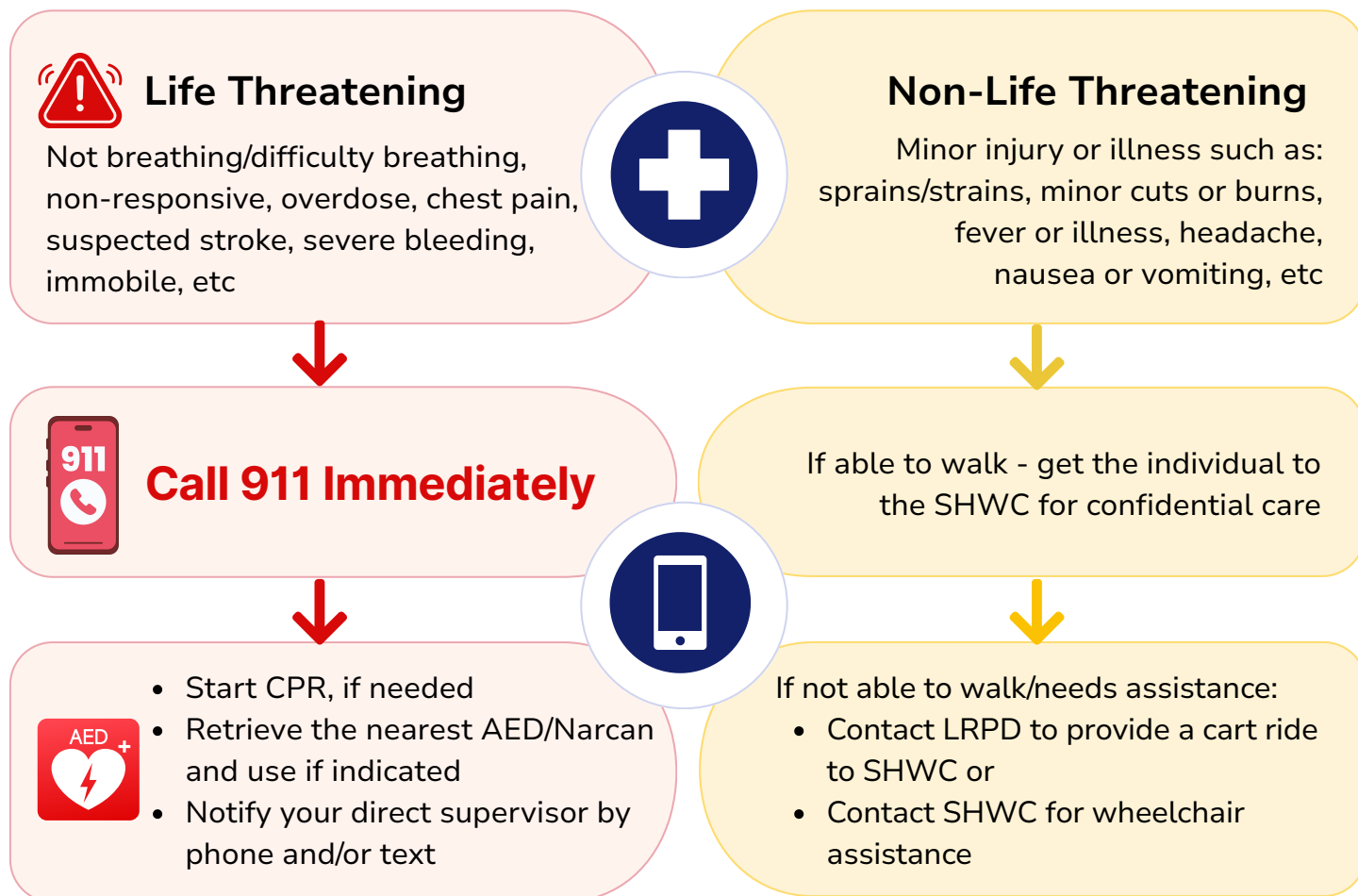
If you are not certain on next steps, please consult with your Dean/Supervisor or campus SHWC.



STUDENT HEALTH & WELLNESS CENTER
PHYSICAL & MENTAL HEALTH

LRCCD Student Health & Wellness (SHWC) Health Emergency Protocol

Please follow the guidance below if a student or staff is showing signs of a health emergency.



**Employees: Work-related injury & illness are subject to Workers' Comp reporting.*

After Hours or SHWC Closed

If **non-life threatening**, call emergency contact for assistance (listed in Peoplesoft or individual's preference).
If life threatening follow guidance above.

CONTACT US

ARC SHWC

(916) 484-8383
shwc@arc.losrios.edu

FLC SHWC

(916) 608-6782
shwc@flc.losrios.edu

CRC SHWC

(916) 691-7584
shwc@crc.losrios.edu

SCC SHWC

(916) 558-2367
shwc@scs.losrios.edu

CONSULT

If you are not certain on next steps, please consult with your Dean/Supervisor or campus SHWC.

SHWC cannot provide updates due to patient confidentiality.

SHWC HOURS

Monday - Friday
8:30am to 4:00pm

*hours may vary during breaks & summer



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