Connecting Students Correctly

Please refer to this chart for connecting students to appropriate college resources.

WHAT YOU HEAR/SEE FROM A STUDENT	FOLLOW UP COMMENTS OR QUESTIONS	REFER STUDENT TO	ADDITIONAL SUPPORTS
Immediate Crisis "I want to kill myself" "I want to hurt someone" Anything you hear/see similar to above	**Immediately refer student to support.**	Call LRPD: 916.558.2221 press '0' Then notify Health & Wellness Center and your Dean	Make a BIT report as an FYI. If LRCCD Mental Health was not involved, please notify: mentalhealth@losrios.edu
Signs of distress ("I have a hard time getting out of bed") Recent loss/grief Traumatic event (car crash, hate crime, domestic violence)	"I hear you are really struggling" "I would like to help you" "Would you like support?" "We have free resources available to students"	• Health & Wellness Center • TimelyCare • Talk Now- 24/7 Support • WEAVE	• BIT Referral • Togetherall • Counseling Center • Falcon Cares
Situational or temporary stressors (i.e. finals, deadlines) "I have a lot going on" "I do not know where to start"	"I hear you are struggling" "I would like to help you" "Finals is a really stressful time" "Would you like support?"	• Health & Wellness Center • Talk Now- 24/7 Support • Togetherall • Counseling Center	• BIT Referral • TimelyCare • Student Groups/Clubs • Falcon Cares • Campus Tutoring
Struggling academically Overwhelmed "I do not understand this class" "I do not have enough time for all my work"	"I hear you are struggling" "I would like to help you" "Life is really busy sometimes" "Would you like support?"	• Counseling Center • Campus Tutoring • Office Hours • Togetherall	• DSPS • Other FLC Support Services • Student Groups/Clubs • Health & Wellness Center

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*If a student is threatening to end their life or someone else's life in front of you with the means (just took pills to overdose, dangerous behavior, etc.), call **916.558.2221 press '0'**.*