

Responding to Students with Suicidal Ideations

Remain calm. Speak slowly and clearly.

Do you think a student is currently suicidal?

In Person

Yes or Uncertain



Public Safety will provide a ride to the Health Center for assistance.

No



Provide Mental Health Resources on back of this page

Do you think a student is currently suicidal?

On The Phone/Online

Yes



- Ask student for their phone number, in case the call gets disconnected, or you need to contact them
- Ask student for their current location and address
- Per QPR Training, to determine suicidal intent:
 - Question student's desire or intent
 - Persuade student to seek and accept help
 - Refer to appropriate resources

No



Helpful Phone Numbers:

GWC Student Health Center: 714-895-8379

GWC Public Safety: 714-895-8924

For ALL cases, submit an Incident Report (IR): wavelength.gwcnews.com and click on icon



IMMEDIATE EMERGENCY

If you are having a mental health emergency, you should call **911**, or have someone drive you to **UCI Medical Center Emergency**
101 The City Dr S, Orange, CA

NATIONAL SUICIDE PREVENTION HOTLINE

Students should save the 24-Hour Suicide Prevention Hotline in the contacts of their mobile phones:

988 or (800) 273-TALK
(1-800-273-8255)

GOLDEN WEST COLLEGE STUDENT HEALTH CENTER MENTAL HEALTH RESOURCES

(714) 895-8379

www.goldenwestcollege.edu/student-health-center/



CRISIS HOTLINE

Text 741741 for 24/7 crisis support and information via texting. For more info, visit www.crisistextline.org

NAMI

The National Alliance on Mental Illness (NAMI) operates a support line called the NAMI OC Warm Line at: **(714) 991-6412** or a live chat at www.namioc.org



OC HEALTH CARE AGENCY & BEHAVIORAL HEALTH SERVICES

The OC Links Information and Referral Line provides telephone and online support for any seeking information or linkage to any of the OC Health Care Agency's Behavioral Health Services. Call **855-OC-LINKS** (625-4657) to speak with a Behavioral Health Navigator.

SAMHSA

The Substance Abuse and Mental Health Services Administration (SAMHSA) **(800) 662-HELP** (4357) assists those struggling with substance abuse disorders, addiction and/or mental health problems. To find the closest treatment center for alcohol and substance abuse, visit: www.samhsa.gov/find-help/national-helpline



VETERANS

For veterans in crisis, the Veteran's Crisis Line connects veterans and their families with qualified, caring Department of VA responders 24/7 at: www.veteranscrisisline.net or call: (800) 273-8255 (press 1) or text: 838255 to connect with a responder.



OTHER SOCIAL SERVICES SUPPORT

If students are struggling with food & housing insecurities or needing other social services to support, call the County Social Services Helpline by dialing 211, or (888) 600-4357, or go online to: www.211oc.org

