# **The Claremont Colleges Care Guide**

Are you or someone you know in distress?

Yes and there are safety concerns: Call Campus Safety (909) 607-2000

Yes and I need to speak with a counselor: Call Monsour Counseling & Psychological Services (MCAPS) (909) 621-8202 or a Crisis Line Not sure, but I am concerned: Call Monsour Counseling and Psychological Services (MCAPS) (909) 621-8202 or a Crisis Line No, but the person is having:
Personal concerns: Call the appropriate dean's office below or MCAPS (909) 621-8202

• Academic concerns: Call the appropriate dean's office below.

### **7C Campus Resources for Students**

Campus Safety	(909) 607-2000
Monsour Counseling and Psychological Services	(909) 621-8202
Student Health Center	(909) 621-8222
The EmPOWER Center	(909) 607-0690
Queer Resource Center	(909) 607-1817
International Place	(909) 607-4571
Office of Black Student Affairs	(909) 607-3669
Office of Chicano/Latino Student Affairs	(909) 621-8044
Office of the Chaplains	(909) 621-8685
Health Education Outreach	(909) 607-3602
Student Disability Resource Center	(909) 607-7419

## **7C Campus Resources for Faculty/Staff**

Employee Assistance Program	(800) 234-5465
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### **Crisis Lines**

Monsour Counseling and Psychological Services 24/7 crisis line	(909) 621-8202
National Suicide Prevention Hotline	(800) 273-8255
Project Sister	(909) 626-4357
The Trevor Lifeline (LGBTQ+)	(866) 488-7386
Crisis Text line	Text HELLO to 741741
Students of Color crisis text line:	Text STEVE to 741741

Claremont Graduate University	(909) 621-8965 Dean of Students (909) 607-3318 Provost's Office (909) 621-8965 Title IX
Claremont McKenna College	(909) 621-8114 Dean of Students (909) 621-8117 Dean of Faculty (909) 607-8131 Title IX
Keck Graduate Institute	(909) 607-7150 Dean of Students (909) 607-0172 Life Sciences (909) 607-0101 Pharmacy (909) 607-9649 Title IX
Harvey Mudd College	(909) 621-8125 Dean of Students (909) 621-8122 Dean of Faculty (909) 607-3148 Title IX
Pitzer College	(909) 621-8241 Dean of Students (909) 621-8217 Dean of Faculty (909) 607-2958 Title IX
Pomona College	(909) 621-8017 Dean of Students (909) 621-8137 Dean of Faculty (909) 621-8017 Title IX
Scripps College	(909) 621-8277 Dean of Students (909) 607-2822 Dean of Faculty (909) 607-7142 Title IX

















# **Know the Signs: How to Help a Student in Distress**

### **SEE SOMETHING**

The Claremont Colleges' undergraduate and graduate staff, faculty, students and community are in a remarkable position to provide a caring and supportive response to students in distress. Claremont students may feel lonely, isolated, hopeless and overwhelmed while facing academic or life challenges. These feelings can lead to struggling academic performance, poor coping skills, fluctuating emotions and other serious issues. You may be the first person to see something distressing or concerning because you have frequent interactions and contact with them. The Claremont Colleges requests that you act with compassion and kindness in your dealings with such students.

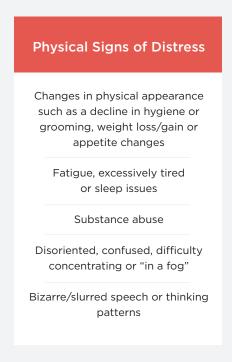
### SAY SOMETHING

Sometimes students cannot or will not reach out for help for a variety of reasons. Do something! Your care, compassion and concern may be a pivotal factor in saving a student's academic career or even their life. The purpose of this guide is to help you identify signs of distress in students and identify appropriate on-campus resources and assistance. Students exhibiting behaviors described in the chart below are likely having similar issues in different settings on campus. Trust your gut and say something if a student leaves you feeling worried, alarmed, threatened or scared.

### **FERPA Statement**

It is important to be mindful of the Family Educational Rights and Privacy Act (FERPA) while helping students. FERPA allows communication regarding heath and safety emergencies. Please refer to this website for more information: https://www2.ed.gov/policy/gen/guid/fpco/ferpa/index.html

# Significant decline in quality of work and grades Repeated absences Bizarre or concerning content in writing, emails or presentations Conversations with students center around personal concerns rather than academics Disruptive in class



# **Psychological Signs** of Distress Disclosure of significant personal issues such as familial, financial, trauma, suicidal/homicidal ideas, grief Excessive tearfulness, panic, irritability, disassociation or numbness Verbal attacks or harassment such as taunting, intimidation, badgering or bullying Bizarre, magical thinking or student seen excessively laughing or talking to themselves Concern expressed by other students, faculty, staff or family

# Unprovoked anger or hostility Direct or vague threats to harm self or others Unable to care for themselves Academic assignments displaying themes of violence, hopelessness, worthlessness, despair, suicidal thoughts, isolation or provocative statements that could be seen as threatening Communicating threats via email, text, phone calls or other means

CREATED BY:
THE CASE MANAGER WORKING GROUP OF
THE CLAREMONT COLLEGES