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

Not sure, but I am concerned:
Call Monsour Counseling & 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

Campus Resources for Students

Student Services

- Campus Safety (909) 607-2000
- Monsour Counseling & Psychological Services (MCAPS) (909) 621-8202
- Student Health Services (5C) (909) 621-8222
- TimelyCare Telehealth Visit 7C.Health
- The EmPOWER Center (5C) (909) 607-0690
- Queer Resource Center (909) 607-1817
- 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
- Title IX Website services.claremont.edu/titleix

Graduate students should seek services from TimelyCare and, in emergencies, contact 911 or Campus Safety at 909-607-2000.
Know the Signs: How to Help a Student in Distress

SENSE A CONCERN

The Claremont Colleges (TCC) community, including staff, faculty, and students, plays a vital role in offering compassionate support to students experiencing distress. These students may feel lonely, overwhelmed, and struggle academically or personally, leading to various serious issues. As someone who frequently interacts with them, you might be the first to notice these concerns. TCC encourages you to respond with empathy and kindness.

SHARE A CONCERN

If students don’t seek help, your intervention can be crucial in aiding their academic success or even saving their life. This guide aims to help you recognize signs of distress and direct you to suitable campus resources. Students showing the behaviors listed below often experience similar issues across campus settings. Trust your instincts and speak up if a student’s behavior concerns or alarms you.

Please be aware of FERPA regulations when assisting students, especially concerning health and safety emergencies. For detailed guidance, visit studentprivacy.ed.gov.

Academic Signs of Distress

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

Physical Signs of Distress

- Changes in physical appearance such as a decline in hygiene or grooming, weight loss/gain or appetite changes
- Fatigue, excessively tired or sleep issues
- Substance abuse
- Disoriented, confused, difficulty concentrating or “in a fog”
- Bizarre/slurred speech or thinking patterns

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

Safety Risk Factors

- 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

Crisis Lines

Monsour Counseling & Psychological Services 24/7 Crisis Line (909) 621-8202
988 Suicide & Crisis Lifeline Call or Text 988
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
Employee Assistance Program (Faculty/Staff) (800) 234-5465