

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 & 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



POMONA COLLEGE

(909) 621-8017 Dean of Students
(909) 621-8137 Dean of Faculty
(909) 621-8017 Title IX



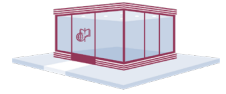
CLAREMONT GRADUATE UNIVERSITY

(909) 607-9448 Dean of Students
(909) 607-3118 Provost's Office
(909) 607-9448 Title IX



SCRIPPS COLLEGE

(909) 621-8277 Dean of Students
(909) 607-2822 Dean of Faculty
(909) 607-7142 Title IX



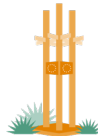
CLAREMONT MCKENNA COLLEGE

(909) 621-8114 Dean of Students
(909) 621-8117 Dean of Faculty
(909) 607-8131 Title IX



HARVEY MUDD COLLEGE

(909) 621-8125 Dean of Students
(909) 621-8122 Dean of Faculty
(909) 607-4015 Title IX



PITZER COLLEGE

(909) 621-8241 Dean of Students
(909) 621-8217 Dean of Faculty
(909) 607-2958 Title IX



KECK GRADUATE INSTITUTE

(909) 607-0584 Dean of Students
(909) 607-4699 VP of Academic Affairs
(909) 607-0584 Title IX

Student Services

Campus Safety	(909) 607-2000
Monsour Counseling & Psychological Services (5C)	(909) 621-8202
Student Health Services (5C)	(909) 621-8222
TimelyCare Telehealth	timelycare.com/theclaremontcolleges
The EmPOWER Center	(909) 607-2689
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.

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