



**See Something? Say Something.  
Do Something!**

# Assisting Students in Distress

**See Something? Say Something. Do Something!**

Adopted from the University of California, San Francisco & the University of California Red Folder Initiative, & Merritt College Student Behavioral Procedures Manual.

## SEE Something?

As faculty, staff, and administrators, you may be the first person to witness a student in distress. When faced with personal or academic challenges, students may feel alone, isolated, or hopeless. These feelings can disrupt academic performance which may lead to dysfunctional behaviors (ie: missing class, acting out with others, etc.)

## SAY Something.

Trust your instincts and SAY something if a student leaves you feeling worried, alarmed, or threatened. (ie: "I feel really concerned about you and want to make sure you get the support you need at this time to be successful.")

## DO Something?

As students may not be able to turn to family or friends, DOing something, like expressing concern and/or providing information/resources that are available to them is a critical step in getting them to seek help.

Worried about the student's privacy? The Family Education Right and Privacy Act (FERPA) permits communication about a student of concern in connection with a health and safety issue. If you do consult with a campus resource, it is always a good practice to ask the student's permission or tell them why you are seeking a consult.

## Academic Indicators

- Sudden decline in quality of work and grades
- Repeated absences
- Bizarre content in writings or presentations
- Student seeking more personal rather than academic counseling during office hours

## Physical Indicators

- Marked changes in physical appearance including deterioration in grooming, hygiene, or weight loss/gain
- Excessive fatigue/sleep disturbance
- Intoxication, hung over, or smelling of alcohol
- Disoriented or "out of it"

## Psychological Indicators

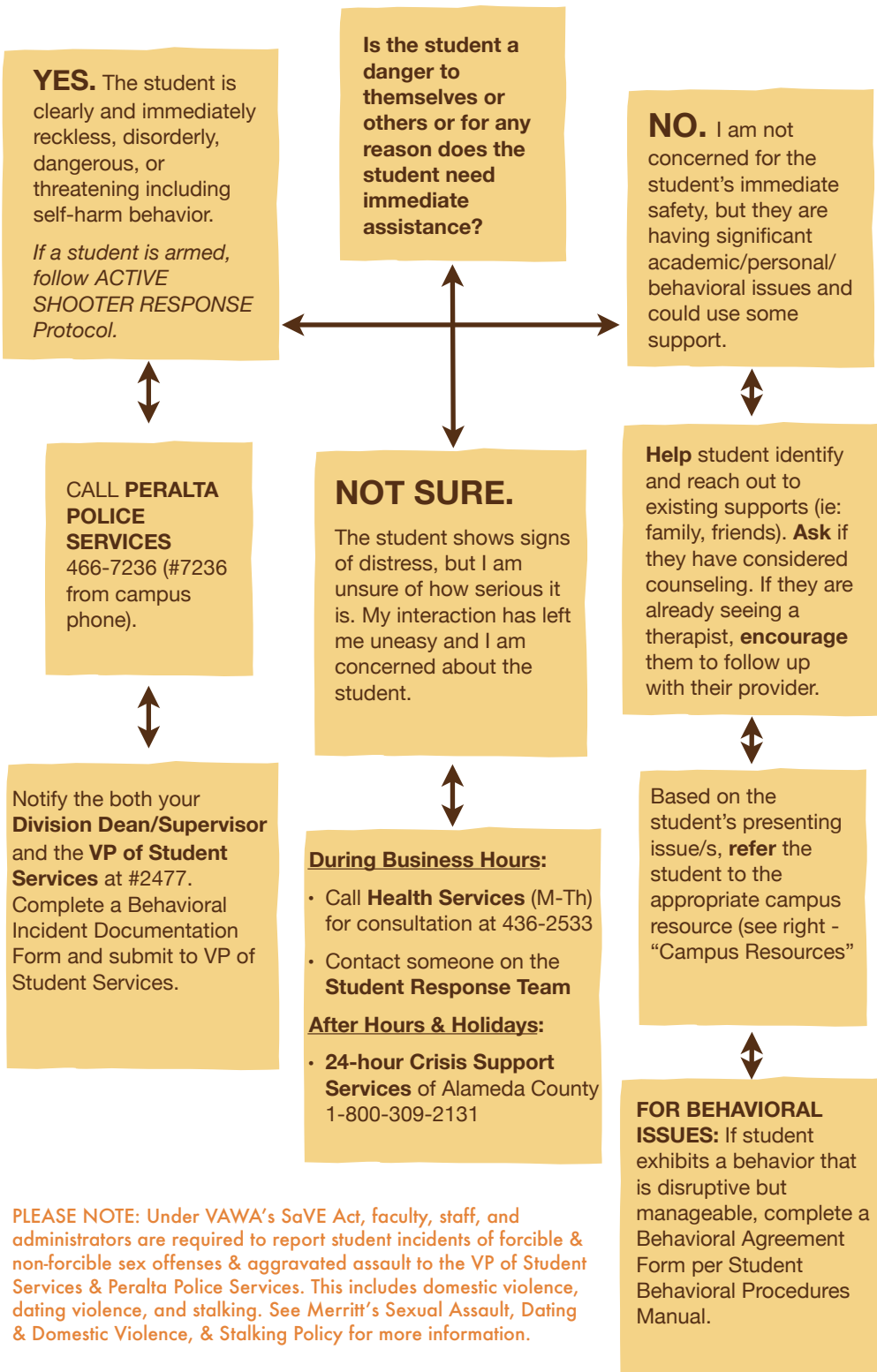
- Self-disclosure of personal distress: family problems, financial difficulties, contemplating suicide, grief
- Excessive tearfulness, panic reactions, irritability, or unusual apathy
- Expressions of concern about the student by peers

## Safety Risk Indicators

- Unprovoked hostility or anger
- Implying or making a direct threat to harm self or others
- Communicating threats via email, correspondence, texting, or phone calls
- Academic assignments dominated by themes of extreme hopelessness, rage, worthlessness...a "cry for help"



# Merritt College Campus Resources



PLEASE NOTE: Under VAWA's SaVE Act, faculty, staff, and administrators are required to report student incidents of forcible & non-forcible sex offenses & aggravated assault to the VP of Student Services & Peralta Police Services. This includes domestic violence, dating violence, and stalking. See Merritt's Sexual Assault, Dating & Domestic Violence, & Stalking Policy for more information.

Peralta Police Services	<a href="http://web.peralta.edu/police-services/">http://web.peralta.edu/police-services/</a>	466-7236 (#7236)
Campus Safety Aides	<a href="http://www.merritt.edu/wp/adjus/campus-safety-aides/">http://www.merritt.edu/wp/adjus/campus-safety-aides/</a>	436-2546 (#2546)
VP of Student Services	<a href="http://www.merritt.edu/wp/vicepresidentofstudentservices/">http://www.merritt.edu/wp/vicepresidentofstudentservices/</a>	436-2478 (#2478)
Health Services	<a href="http://www.merritt.edu/wp/health/">http://www.merritt.edu/wp/health/</a>	436-2533 (#2533)
Disability Services Program (DSP)	<a href="http://www.merritt.edu/wp/dsp/">http://www.merritt.edu/wp/dsp/</a>	436-2519 (#2519) 434-3974 (#3974)
Student Support & Success Program (SSSP)	<a href="http://www.merritt.edu/wp/counseling/">http://www.merritt.edu/wp/counseling/</a>	436-2475 (#2475)
Office of Student Activities & Campus Life	<a href="http://www.merritt.edu/wp/asmc/">http://www.merritt.edu/wp/asmc/</a>	434-3982 (#3982)
Learning Center/Tutoring	<a href="http://www.merritt.edu/wp/learningcenter/">http://www.merritt.edu/wp/learningcenter/</a>	436-2442 (#2442)
Equal Opportunity Programs & Services	<a href="http://www.merritt.edu/wp/eopscare/">http://www.merritt.edu/wp/eopscare/</a>	436-2470 (#2470)
Financial Aid	<a href="http://www.merritt.edu/wp/financial-aid/">http://www.merritt.edu/wp/financial-aid/</a>	436-2465 (#2465)
CalWorks	<a href="http://www.merritt.edu/wp/merrittworks/">http://www.merritt.edu/wp/merrittworks/</a>	436-2449 (#2449)
Veteran Affairs	<a href="http://www.merritt.edu/wp/veteran/">http://www.merritt.edu/wp/veteran/</a>	436-2445 (#2445)
Puente Program	<a href="http://www.merritt.edu/wp/puente/">http://www.merritt.edu/wp/puente/</a>	436-2648 (#2648)
Sankofa Program	<a href="http://www.merritt.edu/wp/sankofa/">http://www.merritt.edu/wp/sankofa/</a>	464-3958 (#3958)
First Year Experience	<a href="http://www.merritt.edu/wp/fye/">http://www.merritt.edu/wp/fye/</a>	434-3972 (#3972)
LGBTQ Safe Zone Alliance	<a href="mailto:mer-lgbtq@peralta.edu">mer-lgbtq@peralta.edu</a>	
Centro Latino	<a href="http://www.merritt.edu/wp/centrolatino/">http://www.merritt.edu/wp/centrolatino/</a>	536-1830 (#1830)

# Student Response Team (SRT)



## ADDITIONAL COMMUNITY RESOURCES

SRT members, made up of Merritt faculty, staff, and administrators, are available to consult with Merritt community members when dealing with disruptive or stress related student behaviors. They are available to provide direct intervention and mediation, as well as crisis counseling and referrals.

NAME	POSITION	TELEPHONE/ LOCATION/ETC.
Deputy Assigned OR Officer of the Day	Peralta Police Services	466-7236
Dr. Arnulfo Cedillo	Vice President of Student Services	436-2477/Direct: 2478/R133E
Larry Lariosa	Mental Health Counselor, Health Services	436-2533 (#2533)/ R106 - Monday AM, Tuesday, Thursday
Jon Murphy	Nurse, Health Services	436-2533/R106/M-Th
Frances Moy	DSP Coordinator/Counselor	434-3974/R109B
Peggy DeCoursey	DSP Counselor	436-2517/R109H
Romeo Garcia	Dean of Special Programs and Grants	466-2585
Updated 1/27/16		

**Online Training to Identify & Help High Risk Students:** <http://ccc.kognito.com>

**Crisis Support Services of Alameda County**

- 24 hour Crisis Line: 1-800-309-2131
- Grief Counseling/Support: 1-800-260-0094
- 24 hour Stress Support Hotline: 1-888-866-7561

**Suicide Hotline:** 1-800-784-2433 (1-800-SUICIDE)

**National Domestic Violence Hotline:** 1-800-799-7233

**24-hour Sexual Assault Crisis Hotline:** 510-845-7273

**Highland Hospital** (Public Hospital)

- Healthcare Line: 510-437-4800
- Domestic Violence Line: 510-534-9290
- Psychiatric Outpatient 510-535-7476

**Alameda County Victims of Crime Services**

- Alameda County District Attorney's Office 510-272-6222
- Victim Witness Services 510-272-6180

**Oakland Police Department:** 510-777-3333 or 911 for emergency

**Emergency Shelter Program:** 510-786-1284

**Eden Information & Referral (Housing & Homelessness):** 510-537-2552

**CalFresh Food Assistance/MediCal** (Peralta Rep): 510-444-9655

**Alameda County Community Food Bank**

- Main Line: 510-635-3663 (FOOD)
- Emergency Food Hotline: 1-800-870-3663 (FOOD)

**Access Mental Health Referral Line** (MediCal/Low Fee): 1-800-491-9099

**Sausal Creek Outpatient Stabilization Clinic** (Mental Health): 510-437-2363

**East Bay Community Recovery Project:** 510-446-7100

**Alcoholics Anonymous of the East Bay:** 510-839-8900

**Bay Area Legal Aid** (Legal Advice Line): 510-250-5270 or 1-800-551-5554