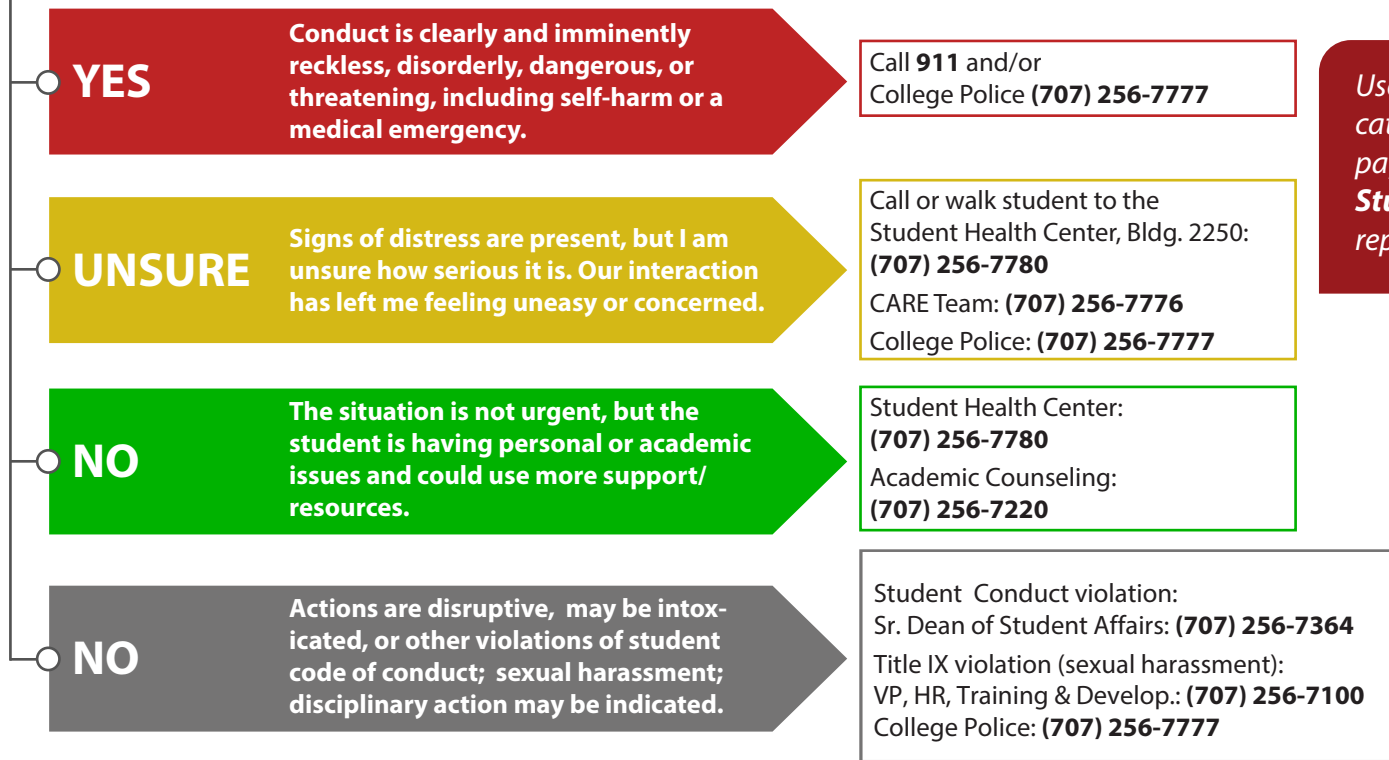




## RESPONSE PROTOCOL

Is the student a danger to self or others, or does the student need immediate assistance for any reason?



*Use empathetic, effective communication techniques described on the page "Interacting with Distressed Students"; and contact, refer, or report to an appropriate resource.*

**SEE SOMETHING  
 SAY SOMETHING  
 DO SOMETHING**

## INDICATORS

A student's behavior, especially if it changes over time, may be an indicator of distress or "a cry for help". You might be the first person to recognize signs of distress in a student, especially if you have frequent or prolonged contact with them. Trust your instincts if a student leaves you feeling worried, alarmed, or threatened.

### SEE SOMETHING

NVC faculty and staff are in a unique position to demonstrate compassion for NVC students in distress.

Our students may feel alone, isolated, and even hopeless when faced with academic and life challenges. These feelings can easily disrupt academic performance and may lead to difficulties coping and other serious consequences.

You may be the first person to **SEE SOMETHING** distressing in your students since you have frequent and prolonged contact with them.

NVC requests that you act with compassion when assisting students.

### SAY SOMETHING

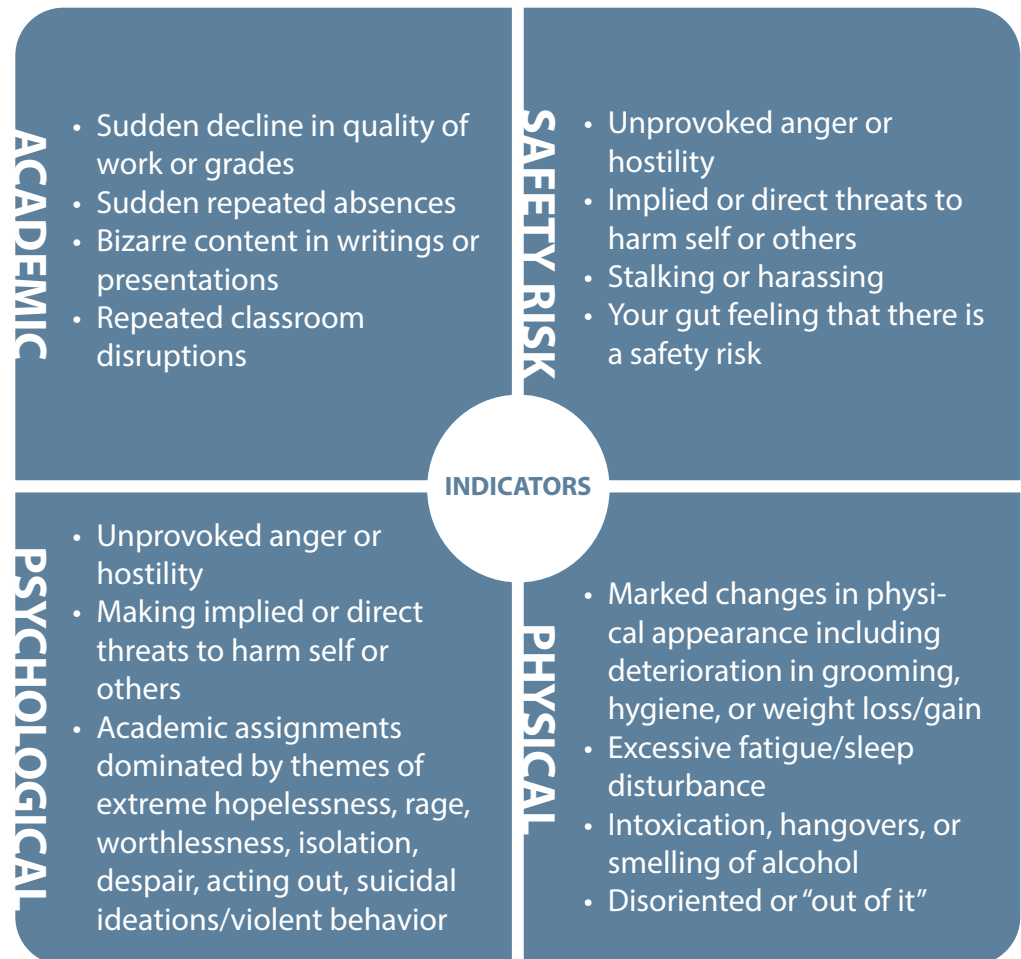
Students exhibiting troubling behaviors in your presence are likely having difficulties in various settings, including the classroom, with roommates, with family, and even in social settings.

Trust your instincts and **SAY SOMETHING** if a student leaves you feeling worried, alarmed, or threatened!

### DO SOMETHING

Sometimes students cannot or will not turn to family or friends. **DO SOMETHING!** Your expression of concern may be a critical factor.

The purpose of this folder is to help recognize symptoms of student distress and help identify appropriate referrals to campus resources.



## INTERACTING WITH DISTRESSED STUDENTS

If in doubt about the seriousness of the situation the best strategy to support yourself and the other person is to contact Student Health Center at (707) 256-7780, or College Police at (707) 256-7777 for consultation. Act sooner rather than later to prevent uncomfortable situations from escalating into crises or confrontations.

### DISTRESSED STUDENT

- Let the student know that you are concerned about them and would like to help.
- Give them information about counseling at the Student Health Center and offer to walk them over.
- Allow them to discuss their thoughts and feelings, which often helps relieve pressure.
- Avoid offering lots of advice or solutions, but do direct to appropriate service for any specific need.
- Don't be afraid to ask directly about suicide: "Are you thinking about suicide/killing yourself?"
- Stay safe and maintain the boundaries of your professional role. You are not a therapist.

### DISRUPTIVE OR HOSTILE STUDENT

- Ensure the safety of yourself and those present.
- Be calm and non-confrontational to defuse and de-escalate the situation.
- Set limits on inappropriate behavior, such as cursing or yelling. If the behavior persists, notify the student that disciplinary action may be taken.
- Ask the student to leave. Call College Police if there is a safety risk.
- Report incident to appropriate service. See the RESPONSE PROTOCOL for your options.

**SAFETY  
FIRST!**

If you are concerned for your own safety or the safety of another, do not hesitate to call **911** or **College Police at (707) 256-7777**.

## CAMPUS RESOURCES

College Police (707) 256-7777  
Bldg. 2250

Student Health Center (707) 256-7780  
*Medical & Psychological services*  
Bldg. 2250

Mentis Bilingual Therapist (707) 256-7284  
*Miguel Ramirez*  
*Located at MESA/STEM Center*  
Bldg. 1800, Rm. 1808 (basement)

TimelyMD Scan code   
Timelycare.com/NVC  
24/7 Access - Virtual Counseling/Care

CARE Team (707) 256-7776

Academic Counseling (707) 256-7220  
Rm. 1339A

DSPS (707) 256-7345  
Rm. 1766 (Library)

Student Discipline (707) 256-7364  
*Code of Conduct violations*  
Rm. 1330B

Title IX Coordinator (students) (707) 256-7360  
*Sexual Harassment*  
Rm. 1330A

Veteran's Resource Center (707) 256-7322  
Rm. 1233

Basic Needs Center/Food Basket (707) 256-7347  
Rm. 1202

## COMMUNITY RESOURCES

Napa County Mental Health (707) 253-4711

988 Suicide & Crisis Lifeline 988  
*(formerly National Suicide Prevention Lifeline)*

Crisis Text Line Text COURAGE  
to 741741

NEWS (707) 255-6397  
*(Napa Domestic Violence/Sexual Assault Support)*

LGBTQ Connection (707) 251-9432  
Napa/Sonoma

NVC's comprehensive guide on **Assisting Emotionally Distressed Students** is available as a handbook online at the [Student Health Center](#) webpage, or by calling (707) 256-7780, and they'll deliver a hardcopy to you.