ON CAMPUS RESOURCES
Campus Police.............................949.582.4444
Counseling Services ......................949.582.4572
Disabled Student Services ..............949.582.4885
Student Health Center ..................949.582.4606
Veterans Services .........................949.582.4252
If you are on campus and need assistance after hours or on weekends, call the Campus Police. When not on campus, call 911 or have a trusted person take you to a local emergency room.

OFF CAMPUS RESOURCES
OC Warmline...............................714.991.6412
Suicide Hotline ............................800.784.2433
  800.273.TALK
  800.273.8255
Text Telephone ...........................800.799.4TTY
  800.799.4889
Military Veterans .........................800.273.TALK
Suicide Hotline ...........................PRESS 1
Suicide Hotline ...........................800.273.TALK
in Spanish .................................PRESS 2
LGBT Youth ................................866.4.U.TREVOR
Child Abuse Hotline ......................714.940.1000 (24 hrs)
Rape Crisis Hotline .......................714.831.9110 (24 hrs)
Domestic Violence .........................800.799.7233 or
  714.992.1931
Human Option ..............................877.854.3594 (24 hrs)
Battered Women ............................949.854.3554
Alcoholic Anonymous ....................949.582.2697
Narcotic Anonymous ......................714.766.8581
OC Mental Health Crisis .................800.723.8614
OC Psychiatrist Referral ...............714.978.3016
OC Psychologist Referral ..............714.847.5944
Santa Margarita Solution Center ......949.589.5700
  Counseling, psych/educational testing on a sliding scale

WHAT TO DO?

L isten to what the student is saying.
A ssess the situation for unusual emotions, behavior, and thoughts.
R efer the student to one of the resources identified for assistance.

EMERGENCY
Use a Red Emergency Call Box located in most large buildings on campus and in the lots indicated on this map with a black *
The Five Golden Rules

Follow these guidelines for handling difficult situations.

1. Trust your instincts.
2. Be familiar with the student code of conduct. (see Student Handbook or Saddleback College Catalog).
3. Don’t hesitate to call campus police at 4444.
4. If you think a student might be suicidal, DO NOT LEAVE THE STUDENT ALONE!
5. You may be the critical link in assisting the student. Know that whatever the situation is, campus resources are available.

Crisis Intervention Team

The Crisis Intervention Team (CIT) is composed of professional counselors from the Counseling Center and the Student Health Center.

The CIT counselors are available to assist when a Saddleback student or staff member experiences a psychological emergency and is in need of immediate help.

This service is primarily intended for students and staff only. However, the CIT members may be called in for a non-student community member visiting on campus who may be experiencing a psychological crisis.

Any questions you have regarding the CIT may be referred to the CIT Coordinator, Dean of Counseling Services & Special Programs; or Vice President for Student Services.

Call

CIT ...................................................949.582.HELP
Counseling Services .........................949.582.4572
Student Health Center ......................949.582.4606
Campus Police .................................949.582.4444

For additional information refer to the Student Health Center website:

www.saddleback.edu/shc

What is a Crisis

A psychological crisis is a life event that an individual perceives as stressful to the extent that normal coping mechanisms are insufficient.

The CIT members have always been at the forefront of providing personal counseling, guidance, and referring students to the most appropriate resources available both on campus and off campus.