

MENTAL HEALTH EMERGENCY



Life Threatening

Attempting to end life or someone else's life in front of you with the means (just took pills to overdose, dangerous behaviors, etc.)

Faculty/Staff Response:

- **Call 911 immediately**
- Start CPR, if needed. Retrieve the nearest AED/Narcan and use if indicated.
- Notify your direct supervisor by phone and/or text.

Non-Life Threatening (Students Only)

Threats of harm to self, harm to others or psychological distress, not in touch with reality.

Faculty/Staff Response:

Bring student to the SHWC for confidential care and a formal risk assessment; if unable to leave class call SHWC to have the MH team respond.

If student refuses or is not safe to come to SHWC; the MH team will respond to the location of the student to provide a formal risk assessment

- **If student is remote:** Call the SHWC office about identified risk and give context about concern (i.e. email, canvas post, etc.)
- Confirm student's WID & contact information.

If after hours or SHWC is closed (Student only)

- Provide student with crisis resources and call emergency contact for assistance (Peoplesoft or individual's preference)
- If the student or emergency contact cannot be reached: Call LRPD at (916) 558-2221, press '0' and request the Mobile Crisis Response Team or local Law Enforcement to complete a Welfare Check.
- Make a SHWC Mental Health Referral on the next work day.



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Crisis Resources

Suicide Prevention Lifeline: 988

Crisis Text Line: Text 'COURAGE' to 741741

Mental Health Urgent Care Clinic

(916) 520-2460

2130 Stockton Blvd, #300

Sacramento, CA 95817

tccp.org/program/urgent-care

Sacramento PD Non-Emergency:

(916) 264-5471

(Indicate it is a mental health crisis and request Mobile Crisis Response Team)

After hours or have questions:

Contact your ARC Dean of the Dark Line
(916) 484-4500

PHYSICAL HEALTH EMERGENCY



Life Threatening

Not breathing/difficulty breathing, non-responsive, overdose, chest pain, suspected stroke, severe bleeding, immobile, etc

Faculty/Staff Response:

- **Call 911 immediately**
- Start CPR, if needed. Retrieve the nearest AED/Narcan and use if indicated.
- Notify your direct supervisor by phone and/or text.

Non-Life Threatening

Minor injuries, illness, etc.

Faculty/Staff Response:

- Bring individual to SHWC for confidential care
- If needed contact LRPD to provide a cart ride to SHWC. Wheelchair assistance can be provided by SHWC.

Employees: Work-related injury & illness are subject to Workers' Comp reporting.

If after hours or SHWC is closed (Student only)

Call emergency contact for assistance (listed in Peoplesoft or individual's preference)

Student Health and Wellness Center

If the emergency is related to a Title IX concern report here:

arc.losrios.edu/shwc



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(916) 484-8383

Monday - Friday | 8:30am - 4:00pm

*may vary during breaks/summer

SHWC cannot provide updates due to patient confidentiality.

arc.losrios.edu/title-ix



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