

EMERGENCY MENTAL HEALTH SERVICES GUIDE

*If you have any concerns about the wellbeing of a student, please reach out.
No student in need is denied access to therapy, regardless of ability to pay.*

In an emergency

- Call Campus Safety at x767 (SOS) or 802-447-4250.
- Available 24/7.
- No charge for crisis calls.

If you're not sure if it's an emergency

- Treat it as if it is an emergency. *You don't have to be the one to decide.*

If it's not an emergency

STUDENTS:

- **For yourself**—Call Psych Services at x4426 or 802-440-4426 for an appointment.
- **If you are concerned about a friend**—Reach out to anyone in Student Life at x4330 or 802-440-4330, or Academic Services at x4400 or 802-440-4400.

FACULTY AND STAFF CONCERNED ABOUT A STUDENT:

- Call Laurie Kobik at x4400 or 802-440-4400 for concerns about their academics.
- Call Natalie Basil at x4330 or 802-440-4330 for concerns about anything else.

WHAT HAPPENS NEXT:

- If an individual is in immediate danger, Campus Safety will respond to the scene right away.
- Ask to speak with on-call Psych Services. You will be asked to share a contact number.
- Psych Services will return the call within 15 minutes—usually within 5.
- The on-call clinician will speak to the individual in crisis and do an assessment of safety on the phone.
- The clinician will make plan for next steps with the individual in crisis (e.g., the student goes to the hospital, they are seen in Psych Services that day, they are seen following business day, etc.)
- The clinician will let Campus Safety know that contact has been made and if there is additional follow-up needed, based on the plan created with the individual in crisis.

Raising a concern—even one that seems small—is vitally important. Each detail helps us to see the whole picture of a student's mental health. We want to help students access the support they need before they are in crisis.

WHEN TO BE CONCERNED:

- Changes in patterns or habits—eating or sleeping patterns, energy levels, quality of academics, or hygiene
- Feelings of hopelessness, poor self-esteem
- Withdrawal from community and activities
- Having trouble concentrating and/or making decisions
- Displaying irritable or anxious movements or behaviors
- Engaging in reckless behaviors, increased alcohol or drug use
- Talking about feeling trapped, in unbearable pain, or being a burden to others
- Crying, rage, or mood swings
- Talk of death or suicide