### CAMPUS RESOURCES

**Counseling and Psychological Services**  
216-987-6000, Option #4  
(Specify campus when you call)  
www.tri-c.edu/counseling

**Campus Police and Security Services**  
Emergency: 216-987-4911  
Non-emergency: 216-987-4325  
www.tri-c.edu/campuspolice

**Student Accessibility Services**  
www.tri-c.edu/SAS

**Campus Food Banks/Pantries**  
www.tri-c.edu/foodbank

**Office of Student Affairs**  
www.tri-c.edu/studentaffairs

**Title IX/Sexual Harassment**  
216-987-3949  
www.tri-c.edu/titleix

**TRIO Services**  
www.tri-c.edu/trio-programs

**Veteran Services and Programs**  
216-987-3193  
www.tri-c.edu/veterans

### LOCAL AND NATIONAL RESOURCES

**Alcoholics Anonymous**  
216-241-7387  
www.aacle.org

**Child Abuse Hotline**  
216-696-KIDS (5437)  
www.cfs.cuyahogacounty.us

**Circle Health Services**  
216-721-4010  
www.circlehealthservices.org  
Free medical, dental, and mental health services upon qualification

**Cutting/Self-Injury**  
800-DONTCUT (366-8288)

**Eating Disorders**  
Text NEDA to 741741  
www.nationaleatingdisorders.org

**Elder Abuse Hotline**  
216-420-6700  
www.dsas.cuyahogacounty.us

**First Call for Help**  
216-436-2000 or dial 211  
www.211oh.org

**Greater Cleveland Food Bank**  
216-738-2265  
www.greaterclevelandfoodbank.org

**LGBT Community Center of Greater Cleveland**  
216-651-5428  
www.lgbtcleveland.org

**National Alliance on Mental Illness (NAMI)**  
216-875-7776  
www.namigreatercleveland.org

### 24/7 HELPLINES AND RESOURCES

**Mental Health Emergencies**  
Cuyahoga County: 216-623-6888 (also for emergency shelter/housing)  
www.fontlineservice.org  
Medina County: 330-725-9195  
www.alternativepaths.org  
Lorain County: 1-800-888-6161  
Summit County: 330-434-9144

**Suicide Prevention**  
Call 800-273-TALK (8255)  
www.suicidepreventionlifeline.org

**Online Chat**  
suicidepreventionlifeline.org/chat  
· Spanish Speaking: 888-628-9454  
· Deaf/Hard of Hearing/Speech Impaired: 800-799-4889

**Crisis Textline**  
Text “4HOPE” to 741741 (Ohio only)  
Text “GO” to 741741 (Nationwide)  
www.crisistextline.org/textline

**Domestic Violence Center**  
216-391-HELP (4357)  
www.dvcac.org

**Human Trafficking Hotline**  
888-373-7888 or  
Text “HELP” or “INFO” to 233733  
www.humantraffickinghotline.org

**Narcotics Anonymous**  
888-438-4673  
www.na.org

**Runaway Safeline**  
800-786-2929 or Text “SAFE” and your current location to 69866  
www.1800runaway.org

**Sexual Assault Hotline**  
800-656-HOPE (4673)  
https://hotline.rainn.org  
Online Chat: online.rainn.org

**The Trevor Lifeline: Preventing Suicide Among LGBTQ+ Youth**  
866-488-7386  
Text “Start” to 678678  
Online Chat: 7 days/week: 3-9 p.m.  
www.thetrevorproject.org

**Transgender Lifeline**  
877-565-8860  
www.translifeline.org

**Veterans Crisis Line**  
800-273-8255 (Press 1)  · Text: 838255  
www.veteranscrisisline.net

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<table>
<thead>
<tr>
<th>Situations You Can Address</th>
<th>Situations Requiring Assistance</th>
<th>Urgent Situations Requiring Immediate Assistance</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Minimal risk to self or others</strong></td>
<td><strong>Possible risk to self or others</strong></td>
<td><strong>Imminent risk to self or others</strong></td>
</tr>
<tr>
<td>Signs and symptoms:</td>
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</tr>
<tr>
<td>• Individual does not express or indicate issues of risk to self or others.</td>
<td>• Individual may express or indicate issues of risk to self or others.</td>
<td>• Situation presents an immediate threat of harm to self or others (e.g., individual has a weapon, verbal threats are being made).</td>
</tr>
<tr>
<td>• Only a few indicators of distress are evident (e.g., difficulty focusing, trouble sleeping).</td>
<td>• Several indicators of distress are evident (e.g., difficulty focusing, decreased appetite, poor class attendance, trouble sleeping).</td>
<td>• Individual discloses intent to harm others or take their own life.</td>
</tr>
<tr>
<td>• Disrespectful or inappropriate language.</td>
<td>• Expressions of hopelessness.</td>
<td>• Multiple indicators of distress are evident (e.g., difficulty focusing, decreased appetite or weight loss, poor class attendance, trouble sleeping).</td>
</tr>
<tr>
<td>• Visible distress, academic difficulties, sleep or eating problems, emotional outbursts, social withdrawal.</td>
<td>• Emotional reaction out of proportion to situation.</td>
<td>• Issue is impacting more than one area of the individual’s life (e.g., family, academic, social).</td>
</tr>
<tr>
<td>• Issue typically impacts only one area of the individual’s life (e.g., family, academic or social).</td>
<td>• Issue is impacting more than one area of the individual’s life (e.g., family, academic, social).</td>
<td></td>
</tr>
<tr>
<td><strong>Examples:</strong></td>
<td><strong>Examples:</strong></td>
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</tr>
<tr>
<td>• Individual reports being depressed or anxious but denies suicidal or homicidal thoughts.</td>
<td>• Individual reports a history of self-injurious behavior (e.g., cutting or burning self) and reports the urge to engage in this behavior again.</td>
<td>• Individual attempts or threatens to cause physical harm to others.</td>
</tr>
<tr>
<td>• Individual sends an email with profanity demanding an immediate response.</td>
<td>• Student has not followed an employee’s repeated requests to stop the disruptive behavior and is ignoring the employee’s request that the student leave the office.</td>
<td>• Individual states that if a situation is not resolved appropriately “you will pay for it.”</td>
</tr>
<tr>
<td>• Individual appears to have distorted body image and frequently references a desire to lose weight.</td>
<td>• Individual is experiencing a sudden and distressing event (e.g., death of loved one, breakup, divorce) and seems inconsolable.</td>
<td>• Individual threatens immediate danger to self (e.g., threatens to shoot self, take pills, jump off a building).</td>
</tr>
<tr>
<td>• Student will not put away a laptop when requested by an instructor.</td>
<td>• Several indicators of distress are evident (e.g., difficulty focusing, decreased appetite or weight loss, poor class attendance, trouble sleeping).</td>
<td>• Student in the classroom is yelling, does not respond to the instructor’s attempts to de-escalate the situation and begins to throw a chair.</td>
</tr>
<tr>
<td>• Student raises voice at the office receptionist and demands assistance.</td>
<td>• Individual exhibits behavior that seems disorganized or paranoid.</td>
<td>• Individual is unconscious, unresponsive or tells you that pills were ingested.</td>
</tr>
<tr>
<td>• Individual is stressed about an upcoming exam and discloses history of test anxiety</td>
<td>Individual may not be in touch with reality.</td>
<td><strong>What you can do:</strong></td>
</tr>
<tr>
<td><strong>What you can do:</strong></td>
<td>Individual reports being depressed or anxious but denies suicidal or homicidal thoughts.</td>
<td><strong>Contact an emergency resource</strong></td>
</tr>
<tr>
<td>Offer information and resources</td>
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<td>Call x4911 if an individual poses an immediate danger to self or others on campus.</td>
</tr>
<tr>
<td>• Share your concerns and offer campus and/or community resources that may help with the individual’s issue. Consult the other side of this card for specific resources.</td>
<td>• Several indicators of distress are evident (e.g., difficulty focusing, decreased appetite, poor class attendance, trouble sleeping).</td>
<td>• Share documentation with your supervisor or chair/director per department protocol.</td>
</tr>
<tr>
<td>• Consult with the Counseling and Psychological Services Office on your campus during business hours, or Campus Police and Security Services after hours to determine appropriate course of action for disruptive behavior.</td>
<td>• Expressions of hopelessness.</td>
<td>• Debrief with your supervisor and Impact Solutions, if desired.</td>
</tr>
<tr>
<td>• Consider following up with the individual to express concern and see if any help is needed getting connected to campus resources.</td>
<td>• Emotional reaction out of proportion to situation.</td>
<td><strong>Help Is Here for Employees!</strong></td>
</tr>
<tr>
<td>• Consider following up with the individual to express concern and see if any help is needed getting connected to campus resources.</td>
<td>• Issue is impacting more than one area of the individual’s life (e.g., family, academic, social).</td>
<td>IMPACT Solutions</td>
</tr>
<tr>
<td><strong><a href="http://www.tri-c.edu/concernreport">www.tri-c.edu/concernreport</a></strong></td>
<td>• Issue is impacting more than one area of the individual’s life (e.g., family, academic, social).</td>
<td>800-227-6007 (Available 24/7)</td>
</tr>
<tr>
<td><strong>Concerned About a Student’s Writing?</strong></td>
<td>• Issue is impacting more than one area of the individual’s life (e.g., family, academic, social).</td>
<td><a href="http://www.myimpactsolution.com">www.myimpactsolution.com</a></td>
</tr>
<tr>
<td><a href="http://www.tri-c.edu/concernedwriting">www.tri-c.edu/concernedwriting</a></td>
<td>• Issue is impacting more than one area of the individual’s life (e.g., family, academic, social).</td>
<td>(Go to member login; Username = ccc)</td>
</tr>
<tr>
<td><strong>Student Concerns Reporting Form (B1) for students for support and Care Team consultation</strong></td>
<td>• Issue is impacting more than one area of the individual’s life (e.g., family, academic, social).</td>
<td><a href="http://www.tri-c.edu/concernreport">www.tri-c.edu/concernreport</a></td>
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</tbody>
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