Student Crisis Response

Use this guide to identify the best resource to support students in crisis or needing mental health support.

Resources to Respond to a Crisis:

[**Counseling Services 1**](#_213zl1gxk7md)

[**Monterey County Mobile Crisis Response Team 1**](#_796p2bz0j01u)

[**University Police 1**](#_x5o809kyxbgy)

[**Additional Resources 2**](#_u3tmsbm2xqyf)

# **Counseling Services**

Call counseling services at 831-582-3969 when:

* The situation is stable and the student poses no imminent danger to self or others.
* Student has thoughts of harm to themselves or others.
* Student is interested in additional support, including safety planning and resources.
* You are unsure of what support is needed.

Tell the student: “The PGCC line is available to support you 24/7. In person and virtual services are available M-F 8:30 a.m.-4:30 p.m.”

# **Monterey County Mobile Crisis Response Team**

Call Monterey County Mobile Crisis Response Team at 831-687-4379 when:

* Student is in visible distress, but no active danger is present.
* Student is expressing strong suicidal thoughts.
* Student has a plan to end their life.
* Student may qualify for an involuntary mental health hold (unable to care for self, intensifying thoughts of suicide or homicide with plan and intention).

Tell the student: “Whenever MCRT is contacted, UPD is informed but does not typically accompany the response.”

# **University Police**

Call the University Police at 911 or 831-655-0268 when:

* Situation poses imminent danger for student or community; intensifying suicidal or homicidal thoughts.
* Weapons are present.
* Student is displaying aggression or hostility.
* Student is intoxicated and unable to care for themselves.
* Student has medical concerns.

Tell the student: “Support has been contacted and on their way.”

# **Additional Resources**

* Online Wellness Platform [you.csumb.edu](http://you.csumb.edu)
* Behavioral Health Crisis Team: 888-258-6029
* Suicide Prevention Lifeline: 988
* Crisis Text Support Line: Text "Help" to 741-741
* United Way Monterey County: Text "Hope" 831-215-3342