# UCI Response Protocol for Distressed Students

Is the student a danger to self, or others, or does the student need immediate assistance for any reason?

---

**Yes**

The student’s conduct is clearly and imminently reckless, disorderly, dangerous, or threatening and is suggestive of harm to self or others in the community.

**Action:** Call 9-1-1 or UCI Police Department (949) 824-5223

---

**I’m not certain**

The student shows signs of distress, but I am unsure how serious it is. My interaction has left me feeling uneasy and/or concerned about the student.

**Action:** Call the Counseling Center for consultation (949) 824-6457

---

**No**

I am not concerned for the student’s immediate safety, but he/she is having significant academic and/or personal issues and could use some support or additional resources.

**Action:** Refer student to an appropriate campus resource (see resource page).

---

## Resources

### Campus Resources for Students

<table>
<thead>
<tr>
<th>Resource</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Counseling Center</td>
<td>(949) 824-6457</td>
</tr>
<tr>
<td>Student Health Center</td>
<td>(949) 824-5301</td>
</tr>
<tr>
<td>Dean of Students</td>
<td>(949) 824-5590</td>
</tr>
<tr>
<td>Office of Ombudsman</td>
<td>(949) 824-7256</td>
</tr>
<tr>
<td>UC Irvine Police Department</td>
<td>(949) 824-5223 (24 hour line)</td>
</tr>
</tbody>
</table>

### Resources in the Community

<table>
<thead>
<tr>
<th>Resource</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suicide &amp; Crisis Lifeline</td>
<td>988 (24 hour)</td>
</tr>
<tr>
<td>UCI Medical Center</td>
<td>(714) 456-7890</td>
</tr>
<tr>
<td>Irvine City Police Department</td>
<td>(949) 724-7000</td>
</tr>
</tbody>
</table>

---

**REACH**

Recognize and respond to warning signs.

Empathize and engage in discussion.

Act by asking the suicide question.

Connect and convey hope with treatment.

Help them get to help.

---

**UCI Police Department**

150 Public Services Building
Irvine, CA 92697-4900
(949) 824-5223
www.police.uci.edu
If you see someone that needs help, reach out. Ask how they are doing. Be open. Be honest. Seek help for them. And follow up.

**Find the Words**

*Let the person know you are concerned about them. You could say:*

- “I am worried about you.”
- “It seems like something is bothering you.”
- “You don’t seem like yourself lately. How can I help?”

**Be direct and ask questions; even the ones you may be afraid to ask such as:**

- “Are you depressed?”
- “Are you feeling that there is no way out?”
- “Are you thinking about ending your life?”

**What Not to Say**

- “You’re not thinking about suicide are you?”
- “You’re not thinking about doing something stupid, are you?”

Don’t ask in a way that indicates you want ‘No’ for an answer.

**Get Help**

- “I understand if it feels awkward to go see a counselor, but there is a phone number we can call to talk to somebody. Maybe they can help?”