

Expanded After-Hours Crisis Support

What it is

- **Expanded access for all students to trained professionals after hours, weekends and holidays** for risk assessment and crisis stabilization for students with a mental health concern.
- **Anyone with an urgent or emergent student concern can call** for support, including students, resident directors, resident advisors, faculty, staff, and parents.
- Demographic information is gathered and an evaluation and triage of concern is conducted – including risk assessment for risk of suicide, self-harm, harm to others, substance use, interpersonal violence, etc.
- Brief, solution-focused interventions and stabilization are provided – including risk assessment and immediate safety and follow up planning

Reasons to call: Concern for yourself or someone else

- Talk or actions indicating the **possibility of suicide**
- Talk or actions indicating the **possibility of harming someone else**
- **Panic attacks** which are not easily deescalated
- **Other urgent or emergent concerns** that cannot wait until the next business day

What it is not

- **Not after-hours traditional counseling.** This is not a substitute for counseling.
- **Not after-hours access to cancel or reschedule appointments,** leave messages for counselors, or address other non-urgent concerns.

Confidentiality

- Consistent with Student Counseling Services policy, generally, information disclosed on the call stays confidential within the Counseling Center, with a few exceptions:
 - **Suicidal or homicidal ideation:** If, upon evaluation, there is not the ability to keep the student safe from harm to self, additional intervention may be needed, such as hospitalization or emergency services assistance
 - **Mandated Reporting:** If abuse towards a minor, elder, or a vulnerable adult is relevant, there may be a need to report to the appropriate agency.
 - **Sexual Assault:** If it is determined that a student is not safe, additional communication for additional interventions may be warranted. If the student is safe, the decision to report will be discussed but ultimately left up to the student. Information regarding supports and the Title IX office will be provided.

How to access

- Call Student Counseling Services at **402.280.2735** and choose the extension for after-hours crisis support.
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