

## Help-Seeking Protocol for FSU Panama City

### **If a student is willing to get help:**

#### **During Business Hours**

- 1.) If the student is in immediate danger, call 911.
- 2.) Walk the student to a resource:
  - a. Panama City Counseling Center (2<sup>nd</sup> Floor Barron, Suite 215)
  - b. PC Director of Student Affairs (2<sup>nd</sup> Floor Barron, Suite 210)
  - c. PC Associate Deans' Office (3<sup>rd</sup> Floor Holley, Suite A-311)
- 3.) If walking is not an option call a resource:
  - a. Panama City Counseling Center (770-2174)
  - b. PC Director of Student Affairs (770-2171)
  - c. PC Associate Deans' Office (770-2100)
- 4.) If you are unable to walk to or call a resource (above), refer the PC Office of Student Affairs, Barron Building Suite 210, 770-2170.
- 5.) Follow-up with student to make sure they were able to get help.

#### **After Business Hours**

- 1.) If it is after hours and you are concerned about the student's safety or fear that they are in **immediate** danger to self or others:
  - a. Call 911
  - b. Do not leave the student alone
  - c. Enlist the aid of others
- 2.) If they are not in immediate danger they can follow-up with a support service the following day:
  - a. Panama City Counseling Center (770-2174)
  - b. PC Director of Student Affairs (770-2171)
  - c. PC Associate Deans' Office (770-2100)
- 3.) The National Suicide Prevention Lifeline 1-800-273-TALK (8255) is also a 24/7 resource