

## Help-Seeking Protocol for FSU Panama City Students

### **If you are willing to get help:**

#### **During Business Hours**

- 1.) If you are in immediate danger, we will call 911.
- 2.) We will walk you 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, we will 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 we are unable to walk you to or call a resource (above), we will refer the PC Office of Student Affairs, Barron Building Suite 210, 770-2170.
- 5.) We will follow-up with you to make sure you were able to get help.

#### **After Business Hours**

- 1.) If it is after hours and we are concerned about your safety or fear that you are in **immediate** danger to self or others:
  - a. We will call 911
  - b. We will not leave you alone
  - c. We will enlist the aid of others
- 2.) If you are not in immediate danger, you may 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