

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 (2nd Floor Barron, Suite 303)
 - b. PC Director of Student Affairs (2nd Floor Barron, Suite 210)
 - c. PC Associate Deans' Office (3rd 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 to 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