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:
   1. Panama City Counseling Center (2nd Floor Barron, Suite 303)
   2. PC Director of Student Affairs (2nd Floor Barron, Suite 210)
   3. PC Associate Deans’ Office (3rd Floor Holley, Suite A-311)
3. If walking is not an option, we will call a resource:
   1. Panama City Counseling Center (770-2174)
   2. PC Director of Student Affairs (770-2171)
   3. PC Associate Dean’s Office (770-2100)
4. If we are unable to walk you to or call a resource (above), we will refer to 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:
   1. We will call 911
   2. We will not leave you alone
   3. 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:
   1. Panama City Counseling Center (770-2174)
   2. PC Director of Student Affairs (770-2171)
   3. PC Associate Dean’s Office (770-2100)
3. The National Suicide Prevention Lifeline 1-800-273-TALK (8255) is also a 24/7 resource.