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 215)
   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 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