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 (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, 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