

## Resources for Faculty and Staff

If you are an employee of the college trying to assist a student who has brought up a mental health concern or may be showing signs of emotional distress, we do have some procedures in place to try to help.

### Crisis Situation

If the student is in immediate danger, meaning that they have made a recent suicide attempt, gesture, or have threatened suicide, or if they are violent or physically destructive, or if they are in active danger from another person, please:

1. Immediately contact Public Safety at 336-506-4000 and Vice-President of Student Success at 336-506-4138.
2. Stay with the student until Public Safety arrives.
3. Complete the Wellness Referral form after the crisis.

### Student Needs Someone to Talk To

If the student has expressed emotional distress or brought concerns to you that they would like to discuss with somebody else, employees can use the Wellness Referral form to refer them to the Student Success Center.

- Complete the Wellness Referral form located on the Counseling webpage.
- Once the referral is received, a counselor will notify the faculty/staff contact. The counselor will outreach to the student within 24-48 business hours of receiving the referral.
- Additional information ***cannot be shared*** unless the student has provided written consent.

### **Student Assistance Program (SAP)**

Another option for students is the Student Assistance Program (SAP). This is a confidential service that connects students with counselors partnered with MYgroup. Through this program, students can get three free counseling sessions with a licensed professional counselor. After the three free sessions, students can choose to stay with the counselor or can get a referral to a different provider. They can be contacted every day of the week and any time by phone at **704-529-1428** or **800-633-3353**.

### **Counseling, Crisis, and Wellness Resources**

Students and employees can utilize the counseling, crisis, and wellness resources provided on the Counseling and Wellness webpage. Each of these documents are updated once per term to try to keep resources as up-to-date as possible. If you have any resources you would like to share, please contact us at [counselingwellness@alamancecc.edu](mailto:counselingwellness@alamancecc.edu).