

MENTAL HEALTH EMERGENCY ACTION PLAN

SCENARIO 1: ANXIETY OR DEPRESSION

1. Observe Signs and Symptoms

- Absent from many classes or many missed assignments
 - Avoidance of social gatherings
 - Behavior is not their normal behavior (onset of anxiety, anger, or withdrawal)
- Classwork that expresses disturbing thoughts or feelings
- Eating less or more than normal
- Excessive fear, worry, or paranoia
- Expression of extreme negativity in conversation
- Expression of significant life event or incident that may impact his or her ability to be a student
- Unusual scars
- Verbalized thoughts of being anxious/depressed
- Withdrawing from activities they would normally enjoy

2. Take Action and Provide Help

- Provide helpful resources and encourage the student to seek help.
 - Uwill hotline: **1-833-646-1526**
 - Cedarville Counseling Services (CCS) counseling@cedarville.edu
 - CCS Walk-in hours: Monday through Thursday 9-11:30 a.m. and 1-4 p.m. Friday 9-11 a.m. in SSC 163.
 - Connect the student with RD, RA, local church, parents, written resources, etc.
- Pray with the student.
- If you notice signs or symptoms consistent with scenario 2 or 3, call Uwill so that the student can be evaluated.
- Faculty: Complete a CARE report if you believe additional follow-up would be helpful or necessary. A CARE report allows the student's RD to follow up.

3. Follow Up With Next Steps

The student's RD may follow up within 72 hours. If you are still concerned, follow scenario 2 or 3.

SCENARIO 2: PANIC OR THOUGHTS OF HARM

1. Observe Signs and Symptoms

- Actively panicking
- Student verbalizes thoughts of self-harm/suicide
- Thoughts of harm to others

2. Take Action and Provide Help

If the student is actively panicking, you don't need to call the Uwill hotline right away. Try to help them calm down:

- Don't make assumptions or be dismissive
- Don't panic
- Focus on breathing
- Give the student space and time
- Encourage them that it will pass

If no improvement is observed, have the student call Uwill at **1-833-646-1526**.

- If they don't want to make the call themselves, call on their behalf.
- Stay with the student until the call is complete.
- If Uwill determines that the student needs medical attention, **stay** until help arrives.
- If Uwill determines that emergency services aren't needed:
 - Students: Notify your RD of your interaction with the student.
 - Faculty: Complete a CARE report, which allows the RD to follow up.

• Follow Up With Next Steps

The student's RD or the Dean of Men or Women will follow up within 24 hours. If you are still concerned, follow scenario 3.

SCENARIO 3: ACUTE SUICIDE RISK

1. Observe Signs and Symptoms

- Saying they wish they were dead
- Talking about a suicide plan
- Access to lethal means

2. Take Action and Provide Help

Call 911 immediately if:

- You see active bleeding that is the result of self-harm.
- Life-threatening actions have occurred (overdose, student passes out, etc.)

Call **Uwill** at **1-833-646-1526**. Stay with the student until Uwill assesses them and determines if emergency services are needed.

- If emergency services are needed:
 - Uwill will call EMS.
 - Stay with the student until help arrives.
- If emergency services aren't needed:
 - **Students:** Notify your RD of your interaction with the student.
 - **Faculty:** Complete a CARE report, which allows the RD to follow up.

Note: Cedarville Counseling Services (CCS) is available Monday–Friday from 8 a.m. – 4:30 p.m., but there may be a wait to meet with a counselor if all counselors are in sessions. Please call Uwill or 911 first, as CCS is not equipped to serve as a crisis center.

3. Follow Up With Next Steps

The student's RD or the Dean of Men or Women will follow up within 24 hours. If the student is taken to the hospital:

- Advise the student to call his or her parent(s) on the way.
- Campus Security and the RD will inspect the student's residence hall room. Anything considered usable to harm oneself will be confiscated.
- When the student is released back to campus, the RD will follow up the next business day.
- The hospital may schedule an appointment with Cedarville Counseling Services.