



## EDGEWOOD COLLEGE

### **Mental Health Emergency**

A mental health emergency is a life threatening situation in which an individual is imminently threatening harm to self or others, severely disoriented or out of touch with reality, has a severe inability to function, or is otherwise distraught and out of control.

#### **Examples of a Mental Health Emergency include:**

- Acting on a suicide threat
- Homicidal or threatening behavior
- Self-injury needing immediate medical attention
- Severely impaired by drugs or alcohol
- Highly erratic or unusual behavior that indicates very unpredictable behavior and/or an inability to care for themselves.

#### **Suggestions for What to Do in Case of a Mental Health Emergency**

Call 9-1-1, and then contact Campus Security (608) 663-4321.

### **Mental Health Crisis**

A mental health crisis is a non-life threatening situation in which an individual is exhibiting extreme emotional disturbance or behavioral distress, considering harm to self or others, disoriented or out of touch with reality, has a compromised ability to function, or is otherwise agitated and unable to be calmed.

#### **Examples of a Mental Health Crisis include:**

- Talking about suicide threats
- Talking about threatening behavior
- Self-injury, but not needing immediate medical attention
- Alcohol or substance abuse
- Highly erratic or unusual behavior
- Eating disorders
- Not taking their prescribed psychiatric medications
- Emotionally distraught, very depressed, angry or anxious

### **Suggestions for What to Do in Case of a Mental Health Crisis**

1. If during College business hours (M-5 8am-4:30pm, call Personal Counseling Services (608-663-2281). State that you have a person in crisis.
2. Escort them to the Student Resource Center (2<sup>nd</sup> floor DeRicci) or ask that a counselor be sent to your location or contact Campus Security if you would like an escort.
3. If possible, remain with the person until help arrives.

### **After Hours and Weekends**

1. Call Security: (608) 663-4321. Security will work with Residence Life on-call staff to contact *The Psychology Clinic*. Edgewood College has contracted with *The Psychology Clinic* for mental health after-hours crisis intervention.

### **Special Circumstances**

If the person in Mental Health Emergency or Crisis is calling by telephone:

1. Attempt to get the person's name, phone and location.
2. Keep the person on the phone, while you get a co-worker's attention and depending on the level of urgency, contact appropriate assistance.

### **Social Media use such as text, e-mail, Facebook, and/or Twitter.**

1. Print social media message, include contact info.
2. Depending on the level of urgency, contact appropriate help.

**For general questions or need for policy clarification on Edgewood College's mental health resources and how to support students, please call the Dean of Students' Office at 608-663-2212, Academic Dean's Office at 608-663-2200, and/or Personal Counseling Services at 608-663-2281.**

**For general questions or need for policy clarification on Edgewood College's mental health resources and how to support staff or faculty, please call the Human Resources Office at 608-663-3317.**

*Edgewood College*  
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