

# CARE GUIDE

**Are you or someone you know in distress?**

**Yes, there are immediate safety concerns:**

**Physical Safety**

KGI Campus Safety: (909)-607-8736  
\*\*Available 24 hours

**Mental Health Crisis**

Crisis Lifeline: 988  
\*\*Available 24 hours

**Not immediate, but I am concerned:**

**KGI Student Affairs**

Complete the KGI Student Affairs  
[Wellness Check Form](#)

**TimelyMD**

Facilitate student registration for  
TimelyMD service

**No, but the person is having:**

**Personal Concerns**

Complete the KGI Student Affairs  
[Wellness Check Form](#)

**Academic Concerns**

Contact KGI Program Director  
Access KGI Student OT Services

## Campus Resources for Students



**TimelyMD**

24/7 on-demand and scheduled  
mental and physical health services



**Mental Health Crisis**

Crisis Lifeline: 988  
Call | Text | Chat | Deaf/HOH  
\*\*Available 24 hours



**Physical Safety Crisis**

National Program: 911  
Call | Text  
\*\*Available 24 hours



**KGI On Campus Resources**

Office of Student Affairs  
Student Services  
Wellness Room,  
Clothing Closet, &  
Food Pantry



**Contacting KGI Dean**

Dean of Students: Shino\_Simons@kgi.edu  
Provost: Megan\_Prosser@kgi.edu



**KGI Program Director**

Contact your program director for  
academic counseling



**KGI Title IX Coordinator**

Title IX: Federal civil rights law prohibiting sex-based  
discrimination in any educational program.  
titleix@kgi.edu | (909) 607-0584  
Building 517, Room 117 (Appointments)  
[Online Reporting Form](#)

## Student Services

KGI Campus Safety.....	(909) 607-8736
EmPOWER Center (7C).....	(909) 607-2689
Office of Black Student Affairs.....	(909) 607-3669
Office of Chicano/Latino Student Affairs.....	(909) 621-8044
Office of The Chaplains.....	(909) 621-8685
Queer Resource Center.....	(909) 607-1817
KGI Student Accessibility Services.....	(909) 607-0896
KGI Student OT Services.....	(909) 607-0896

# Know the Signs: How to Help a Student in Distress

## SENSE A CONCERN

The Claremont Colleges (TCC) community, including staff, faculty, and students, plays a vital role in offering compassionate support to students experiencing distress. These students may feel lonely, overwhelmed, and struggle academically or personally, leading to various serious issues. As someone who frequently interacts with them, you might be the first to notice these concerns. TCC encourages you to respond with empathy and kindness.

## SHARE A CONCERN

If students don't seek help, your intervention can be crucial in aiding their academic success or even saving their life. This guide aims to help you recognize signs of distress and direct you to suitable campus resources. Students showing the behaviors listed below often experience similar issues across campus settings. Trust your instincts and speak up if a student's behavior concerns or alarms you.

### Academic Signs of Distress

- Significant decline in quality of work & grade
- Repeated absences
- Bizarre or concerning content in writing, emails, or presentations
- Conversations with students center around personal concerns rather than academics
- Disruptive in class

### Physical Signs of Distress

- Changes in physical appearance such as a decline in hygiene or grooming, weight loss/gain or appetite changes
- Fatigue, excessively tired or sleep issues
- Substance abuse
- Disoriented, confused, difficulty concentrating or "in a fog"
- Bizarre/slurred speech or thinking patterns

### Psychological Signs of Distress

- Disclosure of significant personal issues such as familial, financial, trauma, suicidal/homicidal ideas, grief
- Excessive tearfulness, panic, irritability, disassociation or numbness
- Verbal attacks or harassment such as taunting, intimidation, badgering or bullying
- Bizarre, magical thinking or student seen excessively laughing or talking to themselves
- Concern expressed by other students, faculty, staff or family

### Safety Risk Factors

- Unprovoked anger or hostility
- Direct or vague threats to harm self or others
- Unable to care for themselves
- Academic assignments displaying themes of violence, hopelessness, worthlessness, despair, suicidal thoughts, isolation or provocative statements that could be seen as threatening
- Communicating threats via email, text, phone calls or other means

## Crisis Lines

988 Suicide & Crisis Lifeline 24/7.....	988
Project Sister 24/7 (Sexual Assault).....	(909) 626 - HELP
House of Ruth (Domestic Violence).....	(877) 988 - 5559
The Trevor Lifeline (LGBTQ+).....	(866) 488-7386
Crisis Text Line.....	Text HOME to 741741
Students of Color Crisis Text Line.....	Text STEVE to 741741
TimelyCare Telehealth.....	(833) 484-6359

Please be aware of FERPA regulations when assisting students, especially concerning health and safety emergencies. For detailed guidance, visit [studentprivacy.ed.gov](https://studentprivacy.ed.gov).