

## APPENDIX C: PSYCHOLOGICAL

1. Contact the Director of Student Counseling Services, Mr. Bill Brown, at 757.455.5730 (VWC) or 757.406.7485 (cell).
2. Procedures for Helping the Individual.
  - Introduce yourself and explain that you are there to help.
  - Ask if they would like you to contact a *particular individual* to help. If they have no suggestions tell them, "I'll call particular individual to get us some help."
  - Contact an on-campus resource.
  - Stay with the individual in crisis and reassure them that you will remain with them until other help arrives.
  - Express your concern for the individual and his or her situation.
  - If the individual does not wish to cooperate, reassure them that you simply are concerned for their safety and well-being. Do not argue, but be firm and reassuring, "I imagine you may be scared right now, but I simply will stay here to be sure that you are all right."
  - Do not attempt to physically restrain an individual, but let them know that you feel that getting other help is in their best interest.
  - Do not make any deals or agreements with the person that would not be in your best interest or theirs. For example, "Just let me go home without talking with anyone and I'll talk to you tomorrow" would not be wise to agree to if the individual has expressed a desire to harm himself or herself.
3. Contact on-campus resources.

David Buckingham, Dean of Students	757.455.3212
Bob Chapman, College Chaplain	757.455.3400
Mary Cureton, R.N., Director of Health Services	757.455.3108
Carolyn Hughes, Director of Residence Life	757.233.8709
Marea Hyman, Assistant Director of Student Counseling Services	757.455.3131
Keith Moore, Associate Vice President for Student Affairs	757.455.3354

Campus Security Officers have training in non-violent crisis intervention 757.233.8888
4. After normal business hours (Monday through Friday, 8:30 a.m. - 4:30 p.m.), Campus Security 757.233.8888 can be of assistance in locating the individuals listed above or providing home or cell phone numbers.