STUDENT RESOURCES

Adult Services
W: www.kent.edu/stark/adult-services

CARES
E: starkcares@kent.edu
W: www.kent.edu/stark/cares-team
(online submission form available)

Counseling Services
P: 330-244-5048 ▲ ● ★
E: starkcounseling@kent.edu
W: www.kent.edu/stark/counseling-services

Interfaith Campus Ministry
P: 330-244-3282 ▲ ●
W: www.kent.edu/stark/interfaith-campus-ministry

Campus Security
P: 53333 [on campus] ▲ ●
P: 330-244-3333 [off campus]
W: www.kent.edu/stark/campus-safety

Student Accessibility Services
P: 330-244-5047 ●
E: starksas@kent.edu
W: www.kent.edu/stark/student-accessibility-services

Student Conduct
P: 330-244-3288 ▲ ●

Veterans Services
W: www.kent.edu/stark/veterans-services

FACULTY/STAFF RESOURCES

Campus Security
P: 53333 [on campus] ▲ ●
P: 330-244-3333 [off campus]
W: www.kent.edu/stark/campus-safety

STARK CAMPUS RESOURCES

Lesbian, Gay, Bisexual, Transgender and Queer Student Center
P: 330-672-8580 ●
E: LGBTQSC@kent.edu
W: www.kent.edu/lgbtq

Office of Sexual and Relationship Violence Support Services [SRVSS]
P: 330-672-8016 ●
W: www.kent.edu/srvss

Women’s Center
P: 330-672-9230 ● ●
W: www.kent.edu/womenscenter

Veterans Crisis Line
P: 800-273-8255 [Press 1] ● ●●
Txt: 838255
W: www.veteranscrisisline.net

The colored symbols below designate resources that can be utilized in the following types of situations:

▲: Requires immediate assistance; imminent risk to self or others
★: Requires assistance; possible risk to self or others
●: Address and make referrals; minimal risk to self or others
☆: Mental health resources

24-HOUR RESOURCES

Kent State 24-Hour Hotline
P: 330-244-5188 ● ●★

IMPACT Employee Assistance and Work/Life Program
P: 800-227-6007 ● ●★
W: www.kent.edu/hr/benefits/employee-assistance-program-impact-solutions

911
Call first for any red situations, and then notify Security ●

Canton Crisis Intervention & Recovery Center
(in-person and phone support/evaluation)
P: 330-452-6000 ● ●★
W: www.circstark.org

Crisis Text Line
Txt: 4hope to 741741 ● ●★

Domestic Violence Project Inc.
P: 330-453-SAFE [7233] ● ●★
W: www.domesticviolenceproj.org

Glenbeigh Alcohol & Drug Treatment Services
P: 800-234-1001 ● ●★
W: www.glenbeigh.com/canton

Jackson Township Police
p: 911 [emergency] ● ▲

Human Resources [Stark]
P: 330-244-3272 ▲ ●
W: www.kent.edu/stark/human-resources
P: 330-672-2100 (Kent)
W: www.kent.edu/hr

IMPACT Employee Assistance and Work/Life Program
P: 800-227-6007 ● ●★
W: www.kent.edu/hr/benefits/employee-assistance-program-impact-solutions

KENT STATE UNIVERSITY

911
Call first for any red situations, and then notify Security ●

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W: www.glenbeigh.com/canton

Jackson Township Police
p: 911 [emergency] ● ▲
### Minimal risk to self or others

**Types of signs and symptoms:**
- Individual does not express or indicate issues of risk to self or others.
- Only a few indicators of distress are evident (e.g., difficulty focusing, troubles with sleep).
- Disrespectful or inappropriate language.
- Visible distress, academic difficulties, sleep or eating problems, emotional outbursts, social withdrawal.
- Issue is typically impacting only one area of the individual's life (e.g., family, academic or social).

**Examples:**
- Individual reports being depressed or anxious and denies suicidal or homicidal thoughts.
- Individual sends an email with profanity demanding immediate response.
- Individual appears to have distorted body image and frequently references a desire to lose weight.
- Student will not put away a laptop when requested by an instructor.
- Student raises voice at the office receptionist and demands assistance.
- Individual is stressed about upcoming exam and discloses history of test anxiety.

**What you can do:**
- Offer information and resources
  - Share your concerns and offer campus and/or community resources that may help with the individual’s issue. Consult this card for specific resources.
  - Consider following up with the individual to express concern and see if any help is needed getting connected to campus resources. Consider sharing information with the on-campus resource in order to better assist the individual.
  - If in doubt, consult with campus resources, your supervisor and/or chair/director.

### Possible risk to self or others

**Types of signs and symptoms:**
- Individual may be at risk to self or others.
- Several indicators of distress are evident (e.g., difficulty focusing, decreased appetite, poor class attendance, can't sleep).
- Expressions of hopelessness.
- Emotional reaction out of proportion to situation.
- Issue is impacting more than one area of an individual’s life (e.g., family, academic, social, personal).

**Examples:**
- Individual exhibits behavior that seems disorganized or paranoid. Individual may not be in touch with reality.
- Individual reports a history of self-injurious behavior (e.g., cutting or burning self) and reports the urge to engage in this behavior again.
- Student has not followed an employee’s repeated requests to stop the disruptive behavior and is ignoring the employee's request that the student leave the office.
- Individual experiencing a sudden and distressing event (e.g., death of loved one, break up, divorce) and seems emotionally inconsolable.

**What you can do:**
- Consult with a resource about your concerns
  - Inform a distressed individual that you would like to call a mental health resource to obtain guidance about how best to help. Offer to walk with the individual to the Counseling Services office during office hours.
  - Contact and share information with CARES and/or Counseling Services for additional support.
  - If via email, consider emailing resource information to the individual, and copy the resource, such as CARES and/or Counseling Services, on this email. Note in the email that you have copied the resources so they are aware of the situation.

### Imminent risk to self or others

**Types of signs and symptoms:**
- Situation presents an immediate threat of harm to self or others (e.g., individual has a weapon, verbal threats are being made).
- Individual discloses intent to harm others or take own life.
- Multiple indicators of distress are evident (e.g., difficulty focusing, decreased appetite or weight loss, poor class attendance, can’t sleep and appears exhausted).
- Issue is impacting multiple areas of an individual’s life (e.g., family, academic, social, personal).

**Examples:**
- Individual attempts or threatens to cause physical harm to others.
- Individual states that if a situation is not resolved appropriately “you will pay for it.”
- Individual threatens immediate danger to self (e.g., threatens to shoot self, take pills, jump off a building).
- Student in the classroom is yelling, does not respond to the instructor’s attempts to de-escalate the situation, and begins to throw a chair.
- Individual is unconscious, unresponsive or tells you that pills were ingested.

**What you can do:**
- Contact an emergency resource
  - Call 911 when the individual poses an immediate danger to self or others.
  - Notify Security that you have called 911.
  - Contact and share information with Security, CARES, and/or Counseling Services for additional support.
  - Share documentation and information with your supervisor or chair/director for additional support and consultation.