

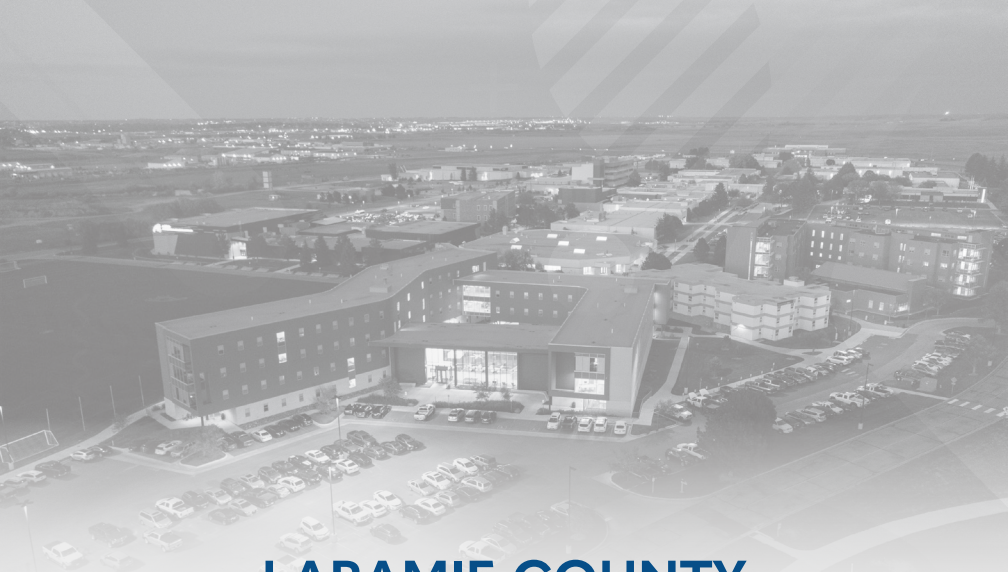


Creating a
**CULTURE OF CARE
& EMERGENCY GUIDANCE**



Pathfinder Building | Room 207
307.778.4397

After Hours Mental Health Support
Call 855.313.0862



LARAMIE COUNTY COMMUNITY COLLEGE

is committed to creating a culture of care. As Golden Eagles, everyone can do their part to support one another across our campus community. This guide provides a toolkit of resources and information to support students who may be experiencing distress.

COUNSELING & CAMPUS WELLNESS (CCW)

Licensed Mental Health Professionals are available to help students resolve personal concerns and to support emotional growth and wellness. Counseling services are FREE to all currently enrolled and attending LCCC students and provides consultation, presentations, and training to staff and faculty.

IMMEDIATE SAFETY CONCERN

If you are concerned for your safety, for the safety of others, or for the immediate safety of someone who may be suicidal, CALL 911 immediately.

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IS THE STUDENT IN IMMEDIATE DANGER?

Follow these steps if you are concerned about a student

NO

The student is navigating academic and/or personal issues and could use support but I am not concerned for their immediate safety. Suggest free and confidential campus counseling.

NOT SURE

Consult Counseling & Campus Wellness by calling 307.778.4397 or 24/7 After-Hours: 1.855.313.0862. Consultation is available if you are unsure about the severity. Stay with the student if possible.

YES

The student's conduct is reckless, disorderly, threatening, and/or suggestive of immediate harm to self or others, e.g., "threats," "self-harm statements," "severe disorientation."

Contact Campus Safety or 911 immediately.

HOW TO RESPOND

IF YOU ARE CONCERNED ABOUT A STUDENT

Whether you're faculty, staff or a student, there are a few simple steps you can follow to support someone in distress.

IF YOU NEED TO ASK DIRECTLY ABOUT SUICIDE:

Try asking:

- "Sometimes when people feel this overwhelmed, they have thoughts of suicide. Have you had any thoughts of death?"
- "Have you thought about ending your life or how you might do that?"

Asking directly does not increase risk and can be an important step in supporting safety.

IF THE STUDENT SHARES THOUGHTS OF SUICIDE:

If there is immediate danger or concern the student may act right now:

- Do not leave the student alone
- Call Campus Safety or 911 immediately

AFTER A STUDENT DISCLOSES SUICIDAL THOUGHTS

A calm, supportive response can help a student feel safer and less alone. A brief script you can use:

- "Thank you for trusting me with this. I'm really glad you told me. You're not in trouble. You deserve support, and you don't have to handle this alone. Let's connect you with someone who can help keep you safe."

If there is immediate danger, stay with the student and contact Campus safety or 911. If there is no immediate danger, stay present, listen, and contact Counseling & Campus Wellness for guidance.

DO NOT PROMISE CONFIDENTIALITY

Avoid saying anything that suggests secrecy or confidentiality.

Instead, use language such as:

"I want to support you, and part of that means getting you connected with people who can help. I can't keep this completely private, but I will only share information with those who need to know to help keep you safe."

HELPFUL RESPONSES: DO / DON'T

Do:

- Stay calm and speak gently.
- Listen without interrupting.
- Validate feelings: "That sounds really overwhelming."
- Connect the student to appropriate resources.

Don't:

- Minimize the situation ("It's not that bad").
- Judge or criticize.
- Attempt to provide counseling or solve the problem yourself.
- Leave the student alone if there is immediate safety concern.

IF THERE IS NO IMMEDIATE DANGER:

- Stay with the student if possible
- Consult Counseling & Campus Wellness (CCW) for guidance
- Continue offering support and help connect the student to resources
- Submit a CARE Team Report

IF THE STUDENT DOES NOT REPORT SUICIDAL THOUGHTS:

- Thank them for being honest
- Encourage them to seek support if distress increases
- Share that help is available, including 988 or the 24/7 LCCC Counseling After Hours Line 1-855-313-0862 if they ever need immediate support
- Submit a CARE Team report

WHAT EXACTLY AM I SUPPOSED TO DO?

- You are responsible for noticing, responding, and referring.
- You are not responsible for providing therapy, diagnosis or ensuring follow-through.
- Documenting concerns through the CARE Team is part of best practice
- To discuss your concerns or find additional support, call Dean of Students 307-637-2490

SUPPORTIVE LANGUAGE EXAMPLES

Validation: “I’m really glad you told me.”

Support: “You’re not alone—there are people here who can help.”

Referral: “Would you be open to connecting with Counseling & Campus Wellness?”

WHAT COUNSELING IS + WHAT COUNSELING IS NOT

Counseling Is: A confidential, supportive space where students can talk with a trained mental-health professional about stress, emotions, relationships, academics, or life challenges. Counselors help students build coping skills, explore options, and improve well-being.

Counseling Is Not: It is not discipline, punishment, or a place where students are told what to do. It is not a quick fix or a guarantee that problems will disappear. Counseling is voluntary, collaborative, and focused on the student’s goals.

CULTURAL SENSITIVITY AND TRAUMA-INFORMED SUPPORT

Students’ cultural backgrounds and past experiences shape how they express distress and seek help. Use person-first, non-judgmental language and avoid assumptions about cultural norms, mental-health beliefs, or communication styles.

Recognize that trauma may influence how a student reacts, speaks, or behaves. Approach all students with empathy, patience, and curiosity, and allow them to share their experiences in their own words. This inclusive approach aligns with national standards for culturally responsive and trauma-informed care.

STUDENT AUTONOMY AND MENTAL HEALTH RIGHTS IN COUNSELING

- Students have the right to choose whether to participate in counseling.
- Counseling is most effective when students engage voluntarily and feel safe doing so.
- Counseling should not be used as a consequence for behavior (e.g., “You need to go to counseling because of this”). This can increase resistance, reduce engagement, and elevate risk.
- If a student declines counseling and there is an immediate safety concern, contact campus safety or emergency services.

CAMPUS RESOURCES

Faculty and Staff:

Human Resources/Employee Assistance Program 307.778.1289

Campus Safety

307.630.0645

Student Resources:

Counseling & Campus Wellness

307.778.4397

CARE Team

307.637.2490

Student Health Clinic

307.432.1683

(available only during clinic hours)

LCCC Title IX Office

307.778.1217

Office of Student Accommodations

307.778.1359

Student Life Student Conduct

307.637.2490

Western States Bank Food Pantry

307.778.1119

National Suicide Prevention Lifeline

988



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