PSYCHOLOGICAL CRISES/SUBSTANCE ABUSE

What is a psychological crisis?
This occurs when an individual is threatening harm to themselves or others, or is out of touch with reality.

What are signs of a psychological crisis?
The crisis may manifest as
- Being disruptive or threatening
- Paranoia,
- Hallucinations,
- Uncontrollable behavior or
- Troubled or less severe psychological crises may involve uncontrolled crying, feelings of panic, withdrawal, or anger/yelling (without indications/threats of physical harm). If the psychological crisis resolves quickly in response to attention and kindness, no intervention of professional counselors or officers may be necessary. Plans for follow-up support should be put in place (i.e., a follow-up conversation, a referral to counseling, an action-plan should the situation become acute again, etc.). If the crisis does not resolve, or escalates, follow the guidelines below for a major psychological crisis.

What should I do if someone around me is experiencing a psychological crisis?
A major psychological crisis always requires the intervention of trained personnel.
- DO NOT attempt to handle the potentially dangerous situation alone.
- CALL 911. All suicide attempts should be immediately reported to the police.
- CONSIDER the safety of the person in crisis and those around him/her to be of first concern.
- FOR STUDENTS:
  - Counseling and Psychological Services personnel can be contacted for consultation or assistance in resolving the situation or provide post-trauma counseling and referrals. The Dean of Students Office Student Crisis Awareness Committee (561-297-3542) should be contacted for continued assistance.
  - More information is available at [http://www.fau.edu/studentsindistress](http://www.fau.edu/studentsindistress).

_University Police will work with departments such as the Department of Human Resources or Counseling and Psychological Services as deemed appropriate and when necessary, exercise authority granted by the Florida Mental Health Act (F.S.S. 394), also known as the “Baker Act.”_

What should I do if I am experiencing a psychological crisis?

_Students_

- GO to the nearest hospital emergency room or
- CONTACT Florida Atlantic University’s Counseling and Psychological Services for less severe crises:
  - **Boca Raton Campus** (561) 297-3540
  - **Broward Campuses** (954) 236-1216
  - **Jupiter Campus** (561) 799-8621

- More information is available at [http://www.fau.edu/counseling/](http://www.fau.edu/counseling/)
- Counseling and Psychological Services provides individual and group counseling to currently enrolled FAU students. It’s professionally trained staff seeks to assist students with social, emotional, and academic concerns in a sensitive, caring, and confidential manner.
Employees

- GO to the nearest hospital emergency room or
- CALL your family physician or
- CONTACT the University's Employee Assistance Program (EAP), Horizon Health, 800-865-3200, for confidential guidance to appropriate counseling.

SEE EMERGENCY EVACUATION AND SHELTER IN PLACE PROCEDURE SECTIONS.
SEE CRIMINAL OR VIOLENT BEHAVIOR SECTION
What do I need to know about substance abuse at FAU?

FAU is committed to providing a safe and orderly environment for all members of the campus community. To accomplish this goal the University advises all members that it is unlawful to manufacture, distribute, dispense, possess and/or use illegal drugs on university property. Any violation of this policy and/or state and federal laws regarding drugs may result in prosecution and/or campus disciplinary action.

The use of alcoholic beverages by members of the University community is at all times subject to state laws and the University Alcohol Policy and guidelines. It is unlawful for any person to sell, give, serve or permit to be served alcoholic beverages to any person under 21 years of age.

The Department of Housing and Residential Life also provides specific guidelines regarding the use of alcohol in all resident areas.

For more information please visit http://www.fau.edu/policies/policiesregulations.php.