# College of Design: Student Crisis Resources

* **URGENT CRISIS**
  + If a current student or UO community member poses an immediate threat of harm to self or others, or if this is an emergency situation, please call 911 or the University of Oregon Police Department at 541-346-2919.
* **MENTAL HEALTH CRISIS**
  + If you or another student are experiencing a mental health crisis, please call UO's Counseling Services 24 hour hotline at 541-346-3227.
  + Please visit <https://dos.uoregon.edu/help> for a list of crisis resources or text HOME to 741741 to contact the National Crisis Text Line.
* **IMMEDIATE STABILIZATION**
  + CAHOOTS (Crisis Assistance Helping Out On The Streets): Eugene: 541-682-5111  /  Springfield: 541-726-3714
  + A local organization that partners with nonprofits, police, fire, and ambulance
  + Services include (but not limited to): crises, suicide prevention, conflict resolution, grief, substance abuse
* **NON-EMERGENCY CONCERN**
  + [Report a concern](https://cm.maxient.com/reportingform.php?UnivofOregon&layout_id=1) via the Office of the Dean of Students (see also: <https://dos.uoregon.edu/report-concern>)
    - Forms will be reviewed within 1 business day
    - Reports are not reviewed after hours, on weekends, or during university holidays or breaks
* **STUDENT WELFARE REFERRALS**
  + Do you notice a student who appears to be struggling or is not showing up to class?
  + You can refer student to Arturo Zavala [arturo@uoregon.edu](mailto:arturo@uoregon.edu) in Design Student Services via email or stop by his office in LA 198
  + They welcome referrals, can dig deeper, and handle some of the legwork. They may already be working with the student. They can also help connect them to other forms of support

Additional Resources:

* Quick Contacts for Immediate Concerns: <https://teaching.uoregon.edu/student-wellbeing-toolkit#immediate>
* Well Being Toolkit: <https://teaching.uoregon.edu/student-wellbeing-toolkit>
* UO Counseling Services: <https://counseling.uoregon.edu/>
* Free resource from the JED Foundation: [Faculty Guide to Supporting Student Mental Health](https://jedfoundation.org/our-work/higher-ed/) (requires you to complete a form)