

## PSYCHOLOGICAL CRISIS/SUICIDE THREAT

A psychological crisis exists when someone is threatening harm to themselves or others, or is out of touch with reality. The crisis may be manifested as paranoia, extreme anger, sadness, agitation, hallucinations, delusions, uncontrollable behavior, and/or complete withdrawal.

- If you come into contact with someone experiencing a psychological crisis who appears to be potentially dangerous (individual is aggressive, hostile, has a weapon, is threatening others or otherwise unmanageable) do NOT attempt to handle the situation alone—dial 9-1-1. The alternate RUPD phone numbers are: New Brunswick 732-932-7111, Newark 973-353-5111 or 973-972-4491, Camden 856-225-6111.

### **If someone is contemplating suicide:**

- Remain calm and encourage others do the same.
- If the threat is immediate or imminent, dial 9-1-1. The alternate RUPD phone numbers are: New Brunswick 732-932-7111, Newark 973-353-5111 or 973-972-4491, Camden 856-225-6111.
- Try to provide a safe, quiet, secure place for the individual.
- Maintain a straightforward, supportive attitude.
- Remind them they are not alone.
- Do not minimize their concerns.

An agreement with the University Behavioral Healthcare (UBHC) allows the Rutgers Emergency Services Supervisors to provide immediate intervention for students in crisis on the New Brunswick/Piscataway Campuses. The Rutgers Emergency Services Supervisor will perform a psychological screening in an effort to expedite the admissions process and provide psychological support/services when indicated.

### **If counseling assistance is needed:**

- New Brunswick/Piscataway Campuses call 732-932-7884 or visit <http://rhscaps.rutgers.edu>
- Health Science Campus at Newark call 973-972-5429 or visit [http://njms.rutgers.edu/departments/family\\_medicine/shs/](http://njms.rutgers.edu/departments/family_medicine/shs/)
- Newark Campus call 973-353-5805 or visit <http://psyacs.newark.rutgers.edu/>
- Camden Campus call 856-225-6005 or visit <http://healthservices.camden.rutgers.edu/psychservices/psychinfo-services.html>
- Faculty and Staff
  - 848-932-3956 or visit <http://uhr.rutgers.edu/fas/EmployeeCounseling.htm>
  - 1-800-327-3678 or visit <http://ubhc.rutgers.edu/eap/>

### **Other Centers providing the Rutgers' community after hour services:**

- New Brunswick/Piscataway Campuses:
  - University Behavioral Health can be called direct at 732-235-5700.
- Health Science Campus at Newark and the Newark Campus: 973-623-2323
  - Psychiatric Emergency Room can be contacted at 973-972-6134.
- Camden Campus:
  - Kennedy Memorial Hospital Crisis Hotline can be contacted at 856-428-HELP (4357)