



COLLEGE SAFETY

The Safe Community Institute is a
division of Crime Stoppers of Houston

MENTAL HEALTH



Joshua Webb
Programs Coordinator

If you suspect a friend may be suicidal, ask these three questions:

1. Is/was there a specific trigger or incident that led to suicidal thoughts?
2. Have they made a specific plan for suicide?
3. Ask them to describe what they are feeling and then validate those feelings

Resources:

- National Suicide Prevention Lifeline
 - » Call or Text **988**
- National Alliance on Mental Illness (NAMI) Texas
 - » namitexas.org/mentalhealthresources
 - » Text **NAMI** to **741741**
- Menninger Clinic
 - » menningerclinic.org
 - » (713) 275-5400

Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.

Use the following link to access an online screening tool for Depression, Anxiety, PTSD and other common mental health conditions:

screening.mhanational.org/screening-tools

SITUATIONAL AWARENESS



Ernesto Reyes
Education Specialist

Daily exercises to build your Situational Awareness:

- Identify entry and exit points upon entering a room
 - » This could include any method to leave a room in a crisis
- Reduce electronic distractions
- Practice situational fighting techniques
- Stay informed. Staying knowledgeable about current trends can help in your safety planning
- Visualize crisis situations to begin building what your response could look like
- Trust your gut

Resources:

- Campus Police or Local Law Enforcement
 - » Many campus police departments offer courtesy escorts, campus training events, and local resources to assist students and school staff
- Pretty Loaded: Situational Awareness and Personal Safety Training
 - » prettyloaded.org
 - » Call (701) 484-6306
- United States Department of Homeland Security - Recognizing Suspicious Activity:
 - » www.dhs.gov/see-something-say-something/recognize-the-signs
- Krav Maga Worldwide - Self Defense
 - » kravmaga.com
 - » Call 1 (800) 572-8624

SEXUAL ASSAULT



Safety on Campus and Social Settings:

- Have a Plan A and a Plan B
- Protect your drink
- Know your limits
- Make others earn your trust
- It's okay to say what is necessary to remove yourself from unsafe situations
- Know where your resources are and their phone numbers
 - » Create a list in your phone contacts for emergency numbers for easy access

Reporting Sexual Assault and Feeling Safe afterwards:

- Contact campus or local law enforcement
- Seek a civil or protective restraining order
- Consult with Title IX campus coordinator
- Request a schedule or housing change
- Access off-campus support services
- Create a safety plan

Resources:

- RAINN
 - » Chat: online.rainn.org
 - » Call 1 (800) 656-4673
- 1in6; for male survivors
 - » Chat: 1in6.org/helpline
- Love is Respect
 - » Loveisrespect.org
- Title IX
 - » www2.ed.gov/about/offices/list/ocr/docs/tix_dis.html

SAFETY DATA



From 2021 to 2022, College campuses saw*:

- Incidents of theft increase 33%
- Assault cases rise 11%
- Reported incidents of robbery, burglary, breaking and entering increase 26%

In October 2022, Mayo Clinic reported that:

- 44% of college students struggle with symptoms of depression and anxiety
- 75% of struggling students are reluctant to seek help for mental health issues

In 2019, Senate Bill 212 was passed which requires public and private universities to publicly share report of certain incidents, including sexual assault and harassment, dating violence or stalking. They must also make public the number of reports and investigations, the result of the investigations, any disciplinary action taken and the number of reports in which disciplinary action was not taken.



** Statistics taken from the Crime Stoppers of Houston
Glenda Gordy Research Center*

HOW TO REPORT A TIP



Call
713.222.TIPS
(8477)



Use our
Mobile App
App name:
Crime Stoppers
Houston



Go to our
website:
crime-
stoppers.org

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WANT MORE RESOURCES?



Scan the QR code to visit our website's Resource Center, a one-stop-shop of monthly safety tips, safety hot topic videos, podcast episodes and more. Our topics include cyber safety, LGBTQIA+ safety awareness, sexual assault, teen dating violence and more.



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