### Community 24/7 Disaster Distress Hotline
The Helpline is staffed by trained counselors from a network of crisis call centers located across the United States.

**Hotline:** (800) 985-5990

### UCSB Human Resources - Academic & Staff Assistance Program (ASAP)
The following services are available to faculty and staff:

- Trauma debriefing
- Facilitation of group meetings
- One-on-one counseling
- Referrals to additional resources

**Campus phone:** x3318

**Call from off-campus:** (805) 893-3318

**Email:** john.berberet@hr.ucsb.edu

**Location:** Student Affairs and Administrative Services Building (SAASB 3101), Third floor, North Wing

**Resources:** [http://www.hr.ucsb.edu/employee-services/counseling-consultation](http://www.hr.ucsb.edu/employee-services/counseling-consultation)

### UCSB Hosford Clinic
Free brief counseling for individuals, couples, and families affected by the traumatic events in Isla Vista.

- Wed 5/28/14 through Wed, 6/11/14, most weekdays, Noon to 7pm.
- **To schedule an appointment call (805) 893-8064**
- Spanish-speaking counselors available most days.
- Counselors will meet with you 1 to 2 times to provide support, assess your needs, and help you find additional resources.

**Speakers and group facilitators** are also available to talk about trauma and recovery with campus and community groups. Information and resources will be provided. For more information go to: [http://www.education.ucsb.edu/hosford](http://www.education.ucsb.edu/hosford)

### OPTUM Behavioral Health Insurance
If you feel the need for individual counseling, Optum Behavioral Health clinicians are available through the faculty and staff insurance program.

- **Assistance finding a provider:** (888) 440-8225
- Provider Directory: [http://www.liveandworkwell.com](http://www.liveandworkwell.com)
- Online Resources: [http://www.liveandworkwell.com](http://www.liveandworkwell.com)
  - UC Access Code: 11280
  - Once you are inside the website search with the word “disaster” and you will find a wide variety of very useful articles.
# Responding to Others

**UCSB Threat Management Team (TMT)**

The TMT provides guidance for individuals who are dealing with intimidating, threatening, or potentially violent behavior. TMT members will assist individuals, supervisors, and administrators with assessments and responses that reduce risks, prevent violence, resolve conflict, and reduce the occurrence of unacceptable conduct.

*If you are a witness to or subject of an act of violence, a potentially dangerous situation, or imminent danger, call 911 immediately.*

**Getting Help - Responding to Danger:** [http://www.tmt.ucsb.edu/getting-help/](http://www.tmt.ucsb.edu/getting-help/)

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<thead>
<tr>
<th>Students</th>
<th>Angela Andrade</th>
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<tr>
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<td>Office of Student Life</td>
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<td>Phone: (805) 893-8920</td>
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<tr>
<th>Academic Employees</th>
<th>Cindy Doherty</th>
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<tr>
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<td>Academic Personnel</td>
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<td>Phone: (805) 893-8332</td>
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<th>Staff Employees</th>
<th>Sydney Roberts</th>
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<td>Human Resources</td>
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<td>Phone: (805) 893-4210</td>
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**Responding to Distressed Students**

Student distress may manifest in behavior or in the reaction the behavior elicits in others. The Distressed Student Protocol will assist you in responding to the student and providing appropriate referrals.

**Student mental health coordination services:** (805) 893-3030

**Distressed Student Response Protocol:** [http://www.sa.ucsb.edu/distressedstudentsguide/](http://www.sa.ucsb.edu/distressedstudentsguide/)

**UCSB Counseling and Psychological Services**

Counselors are available to

- provide support for students
- consult with faculty and staff about students

Outreach and groups provided by request

**Hotline:** (805) 893-4411