Saint Anselm College Sports Medicine
Mental Health Emergency Action Management Plan

All SAAC representatives and student-athletes receive information on an annual basis about the following:

✓ Signs and symptoms of mental health disorders and how to obtain mental health guidance from the primary athletics health care providers and licensed practitioners who are qualified to provide mental health services
✓ Programming about preventing and responding to sexual assault, interpersonal violence and hazing.
✓ Programming about peer intervention in the event of teammate mental health distress.

All coaches and faculty athletic representatives receive information on an annual basis about:

✓ Programming to support appropriate first response to emergency situations.
✓ Signs and symptoms of mental health disorders
✓ The importance of, and how to create a positive team culture that promotes personal growth, autonomy and positive relations with others.
✓ Information about sexual assault, interpersonal violence and hazing
✓ How to encourage and support team members who are facing mental health challenges to seek appropriate management and referrals from primary health care providers and licensed practitioners who are qualified to provide mental health services
✓ The specific referral process that coaches should follow if they are concerned about a student-athlete’s mental health.
✓ The importance of understanding and helping to minimize the possible tension that can exist in student-athletes about adverse consequences for seeking mental health care.

Following are instructions for immediate care:

Psychological First Aid

✓ Remove athlete to a safe place.
✓ Contact Saint Anselm College Health Services at 641-7028 during normal business hours.
✓ After hours please call 603-641-7000 and ask for an on-call counselor.
✓ On-Call counselor will perform assessment to determine medical needs of the student-athlete.

If any of the following occur, call an ambulance using 911. Please leave a message on the athletic training voice mail (603-641-7807) if the athlete is sent to the hospital.

✓ Suicidal and/or homicidal ideation
✓ Sexual Assault
✓ Highly agitated or threatening behavior, acute psychosis or paranoia
✓ Acute delirium/confusional state
✓ Acute intoxication or drug overdose

EMERGENCY PHONE NUMBERS
Campus Security (ambulance/fire/police) 911
Health Services 641-7028
Catholic Medical Center 603-668-3545
Athletic Training Room 603-641-7807
After hours on-call counselor 641-7000 ask for an on call counselor

Remember: If any signs and symptoms from the list above become apparent, DO NOT DELAY seeking medical treatment.