

PROTOCOL FOR SUICIDAL STUDENT

Suicide is the second leading cause of death among college students. The suicidal student is often uncertain or confused about killing himself/herself and typically responds to help. Suicidal students usually want to communicate their feelings; any opportunity to do so should be encouraged. This means you really can make a difference.

DO:

- Take the student seriously (80% of suicides give warning of their intent). A threat of or attempt at suicide is a plea for help.
- Remain calm while speaking to reassure the student.
- Be available to listen, to talk, and to be concerned, but refer the student to the Advising and Counseling Center (ACC) where trained professionals can provide additional services.
- Problem solve only if the student appears interested in generating solutions.
- Provide support and empathy. Listen attentively to the student. Avoid debating.
- Encourage the student to talk with a counselor from the Advising and Counseling Center.
 - You can escort the student to the ACC yourself.
 - You can call the ACC (3526) and ask for a counselor to come to the student's location.
 - You can call Public Safety (3333) and ask them to escort the student to the ACC.
- If the student refuses ACC support, call ACC and Public Safety. **YOU ARE REQUIRED TO REPORT A SUICIDAL STUDENT!**
- If the student is threatening harm to another person or to property, call Public Safety immediately.
- Notify your supervisor of the incident.

BE SURE TO COMPLETE A BEHAVIOR INTERVENTION REPORT FORM ONLINE AS SOON AS POSSIBLE.

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More . . . ↓

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These ideas might be helpful	
<p>Ask some simple questions, such as:</p> <ul style="list-style-type: none">• What's the matter?• Why are you so sad?• Are you okay?• Looks like you've been losing weight...have you?• Are you sleeping okay?• May I help you?• Would you like to tell me what's going on?• I have some ideas that might be helpful, may I share them with you?	<p>If someone says or indicates she/he might hurt her/himself, ask a few more simple questions. It's okay to be blunt:</p> <ul style="list-style-type: none">• Are you thinking of hurting yourself?• Are you thinking of killing yourself?• Have you thought of how you would do that?• When were you thinking of doing that?

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DON'T:

- Minimize the situation or the depth of his/her feelings (e.g., "Oh, it will be much better tomorrow").
- Say, "But you have everything to live for."
- Be afraid to ask the person if they are so depressed or sad that they want to hurt themselves (e.g. "You seem so upset and discouraged that I'm wondering if you are considering suicide").
- Over-commit yourself and, therefore, not be able to deliver on what you promise.
- Ignore your limitations (instead, seek assistance).
- Agree to be bound by confidentiality.