

# ACTION GUIDELINES FOR (SUSPECTED) SUICIDE THREAT

Try to assess this based on the conversation you had, or ask the student about it directly. *Asking a direct question about thoughts or plans to commit suicide will not cause the student to actually take action. The student will have these thoughts even without your intervention and would probably feel a sense of relief at being able to*

*talk to someone about it.* Document the agreements with your student for evidentiary purposes.

Discuss the case with your colleagues; you don't have to bear this alone.



## Light

The student has occasional thoughts of suicide, is still able to think about other things, and is aware of the effect on friends and family. No definite plans or preparations yet.

### What to do

- Ask questions and discuss options, both internally at Fontys and externally.
- Discuss who the student can turn to (parents/friends).
- Concrete life-threatening situation? Call emergency services via 112 or call with nearest GP(s). If required, liaise with in-house emergency response worker/Fontys Control Room to receive emergency services.
- Doubts about seriousness situation? Consult with a colleague and/or call or chat with 113.
- No acute, life-threatening situation? Refer to own GP.
- Make a follow-up appointment with the student.
- Make sure you know which colleague within your institute has experience and affinity with identifying and counselling students with gloomy thoughts and engage them in coordination with the student (see below).



## Medium

The student often has thoughts and visions of suicide, feelings of despair, has a definite plan with preparations, thinks it would be better for others if he/she were no longer there. Farewell letters are sometimes considered or composed.

### What to do

- Discuss who else the student can turn to (parents/friends).
- Concrete life-threatening situation: call emergency services via 112 or call nearest GP(s) post. If required, link with bhver/Fontys Control Room to receive emergency services.
- Doubts about seriousness situation? Consult with a colleague and/or call or chat with 113.
- No acute, life-threatening situation? Refer to own GP.
- Make a follow-up appointment with the student.
- Alert the student to [www.113.nl](http://www.113.nl) or 0800-0113 (24/7).
- Make sure you know which colleague within your institute has experience and affinity with identifying and counselling students with gloomy thoughts and engage them in coordination with the student (see below).

[www.113.nl](http://www.113.nl)  
0800-0113

## Serious

The student only thinks about suicide, has great feelings of despair, is not concerned about the effect on others, there is a definite plan, possibly already practised. A trigger could lead to suicide at any moment.

### What to do

- Concrete life-threatening situation? Call 112 or call the GP.
- If in doubt about seriousness of situation: consult with colleague and/or call or chat 113.
- No acute, life-threatening situation? Refer to own GP
- Discuss whether someone can pick up student. Contact parents if necessary (in consultation with student). Otherwise, call the GP(s).
- Make concrete agreements with the student: can I trust you not to do anything to yourself?
- Make a follow-up appointment.

Fontys  
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77119

Name contact person (your institute):

Contact information:

Internal agreements made:

