

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)
- Encourage the student to contact a student counsellor and/or student psychologist via Fontys Customer Contact Centre (+31 (0)8850-80000) from Monday to Friday between 08.30 and 17.00 CEST or a general practitioner.
 - Schedule a follow-up appointment
- Make sure that you know which colleague within your institute has experience and affinity with identifying and guiding students with gloomy thoughts and engage them in consultation with the student (see bottom of the infographic).



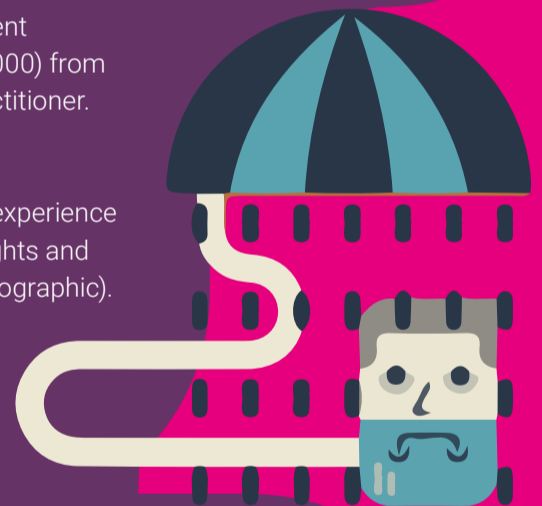
Medium

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 the student can turn to (parents/friends)
- Encourage the student to contact a student counsellor and/or student psychologist via Fontys Customer Contact Centre (+31 (0)8850-80000) from Monday to Friday between 08.30 and 17.00 CEST or a general practitioner.
 - Schedule a follow-up appointment
- Let the student know about www.113.nl / 0800-0113 (24/7)
- Make sure that you know which colleague within your institute has experience and affinity with identifying and guiding students with gloomy thoughts and engage them in consultation with the student (see bottom of the infographic).

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

- Ask whether there is anyone who can come to collect the student. Contact the parents if necessary (with the student's consent).
- If no one is able to collect the student: Call a general practitioner or out-of-hours GP service
- Make a concrete agreement: "Can I trust you not to harm yourself?"
- Schedule a follow-up appointment
- Call 0800-0113 (24/7).
- Call 112 in case of emergency (then call the Fontys incident room emergency number)
- Call the Fontys incident room emergency number (+31 (0) 08850 77119)

Fontys
meldkamer
08850
77119



Name contact person (your institute):

Contact information:

Internal agreements made: