



The following is provided to guide the institutional response to students who articulate suicidal thoughts and feelings and who, from time to time may act on those thoughts and feelings.

Often there is a strong connection between depression and thoughts of suicide. This can impact a student's life in many different ways. While not everyone experiences depression and suicidal tendencies in the same way, the following, more common indicators will suggest where due concern and attention is warranted.

Common warning signs include:

- Sadness or anxiety
- Feeling of guilt, helplessness or hopelessness
- Trouble eating or sleeping
- Withdrawing from friends and/or social activities
- Loss of interest in hobbies, work, school, etc.
- Increased use of alcohol or drugs
- Anger

Specific signs of potential suicide threat include:

- Talking openly about committing suicide
- Talking indirectly about "wanting out" or "ending it all"
- Taking unnecessary or life-threatening risks
- Giving away personal possessions

Statements like . . .

- I wish I were dead.
- People would be better off without me.
- It wouldn't matter if I weren't around anymore.
- No one cares.
- I can't stand the pain.

. . . Need to be followed-up with questions like . . .

- Have you ever thought of intentionally hurting yourself in any way?
- Have you ever thought of suicide as an option?
- Have you ever thought of taking your life as a way of dealing with this?

It is appropriate to dialogue with your Residence Director or Dean concerning any recognition of suicide intent in the life of a student.

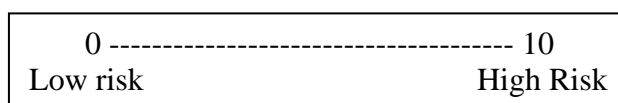
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If you feel that a student is at risk:

Assess using the adjacent chart:
(check each box applicable to the student; each box is assigned a value of one; sum and respond according to scoring guide)

Modified Brief Suicide Evaluation Using SAD PERSONS Scale			
Gender		Not Thinking Clearly	<input type="checkbox"/>
Female		No Social Supports	<input type="checkbox"/>
Male	<input type="checkbox"/>	Organized Plan	<input type="checkbox"/>
Age(15 – 25)	<input type="checkbox"/>	No Spouse	<input type="checkbox"/>
Depressed	<input type="checkbox"/>	Serious Illness	<input type="checkbox"/>
Prior Attempt	<input type="checkbox"/>	Substance Abuse	<input type="checkbox"/>
Scoring			
0 – 3 = Ideation : Lower risk.			
4 – 5 = Intent : Touch base with over the next 24 hours. Inform appropriate Dean.			
6 – 7 = Plan : Contact appropriate Dean immediately.			
8 – 10 = High risk : Contact appropriate Dean who will consult with Counselling Services.			

A second useful tool for assessment is a 0 – 10 self - reporting scale where the low end of the scale “0” indicates little to no risk and “10” indicates high risk and fear for their safety.



Asking the student where they would place themselves on the scale provides their “self-assessment” as to the degree of risk involved.

If the student scores 8 or above on the SAD PERSONS Scale
or states they are at an 8, 9 or 10, on the 10pt. scale,
it is appropriate to assume that they are at risk of suicide.

Assess further using the following:

Specific Do they have a plan? How specific is their plan?
(where, when, and how)

Lethal How lethal is the plan?
(Pills; knife; shooting; hanging; motor vehicle)

Availability of Resources How readily available are the means to carry out their plan? (Does the student have them with them or are they readily accessible).

Proximity of Help
Or Assistance What is the likelihood they will be discovered?

How accessible will help be?

Inquire about previous attempts.

Contact the appropriate Residence Director as per the **Action Flow Chart** (Page 4).

CHS Men's RD: 631 - 4106

CHS Women's RD: 631 - 3805

If there is a specific plan in place, they are not to be left alone. Request that they give you "the means" of their plan (i.e. pills, knife, razor blades, etc.). If necessary, have someone else make the contact for you or take the student with you.

In the event of a suicide attempt:

Procedure:

1. Ask yourself: "Can I leave this person alone?"
 2. Manage the emergency.
 3. Phone the ambulance(911), or find someone else who can (the ambulance will in turn contact the Caronport First Responders).
 4. Await the arrival of the Caronport First Responders.
 5. Contact the appropriate Residence Director as per the **Action Flow Chart** (Pg. 4).
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Suicide Intent Response Protocol Action Flow Chart

