



GARRETT COUNTY PUBLIC SCHOOLS

Responding to Students Suspected of Being Suicidal

INITIAL CONTACT:

_____ Explain the purpose of the meeting

_____ Discuss confidentiality and limits

- If student expresses an intent to hurt self or others
- If student indicates that they are being abused or are abusing others
- If student indicates that someone else is in danger of being abused and/or harmed

_____ Inform student that you will contact their parent regarding the reason for referral and recommendations for follow-up

INTERVIEW PROCEDURES:

_____ Establish rapport

_____ Identify current thoughts about suicide

_____ Inquire about current problems (e.g., school, peers, home, relationships, etc.)

_____ Gather information on suicide plan

_____ Identify previous thoughts, feelings, and actions related to suicide

_____ Identify available supports

ACTIONS: (Student must be supervised at all times)

_____ Provide strong anti-suicide message

_____ Give student Youth Crisis Hotline card

_____ Inform Administrator

_____ Contact Parent* (see below)

- Share reason for referral and information gathered with parent
- Address immediate safety issues
- Facilitate contact with mental health professionals and provide resources

_____ Schedule follow up with parent and student

REMEMBER:

Your role is to facilitate getting the student to a safe place to receive appropriate care.

Youth Crisis Hotline:

1-800-422-0009

*If you feel that a parent contact will be detrimental to the student, contact to Supervisor of Pupil Personnel Services (301-334-8938). If you are unable to contact the parent, please refer to the second column for the procedures to follow.

EXAMPLES OF INTERVIEW QUESTIONS:

Rapport Building

- Let's talk about why you are here today...
- How have things been going for you lately?
- Do you feel like things can get better or are you worried that they may stay the same or get worse?

Identify Current Thoughts About Suicide

- Are your feelings so strong that sometimes you wish you were dead?
- How often have you had these thoughts?

Inquire About Current Problems

- What has made you feel so _____?
- What problems have led you to think this way?
- What has changed for you lately?

Gather Information On Suicide Plan

- Have you thought about how you would kill yourself?
- Do you have a plan?
- Do you have access to _____ (guns, rope, etc. as indicated)
- When and where would you do it?

Identify Previous Suicide-Related Thoughts

- Have you ever thought about hurting yourself before?
- Have you ever threatened/attempted to kill yourself before?
- Has anyone close to you attempted or completed suicide before?
- What kept you from hurting yourself in the past?

Identify Available Supports

- Who can you talk to when you're _____ (sad, angry, upset, etc.)?
- What can you do when you feel _____ (angry, stressed, sad, etc.)?
- Is there anything or anyone that would stop you?
- Have you ever talked to a counselor outside of school?

IF UNABLE TO CONTACT THE PARENT

***Contact Administration

***Contact Police/SRO

***Contact Department of Social Services
301-533-3000

***Follow-up with parent as soon as possible