

Students at High Risk: Guidelines for Faculty & Staff

If any action toward the completion of suicide has been taken by the student, call 911 immediately.

Is student at risk for suicide?

- ✓ Saying they wish they were dead
- ✓ Talking about wanting to kill themselves
- ✓ Talking about a suicide plan
- ✓ Has access to lethal means

NOTE: If you are able, get a colleague for support at this point.

NO

Mild/Moderate Risk

Refer students to Counseling Services.
Complete Early Alert online form.
(see previous page)

Or Consult with Counseling Services about next steps at:
507-457-1773

Guidelines for Responding to At-Risk Students via email:

Thank the student for reaching out to you.

Sincerely express your concern for the student.

Direct the student toward appropriate campus resources depending on issue: including Counseling Services, Student Success & Residence Life

Include the 24-hour mental health crisis hotline:
Suicide Prevention Lifeline: **1-800-273-8255**
Winona County Mental Health Line: **1-844-CRISIS2 (2747472)**

Encourage the student to continue to reach out for help and support.

YES

How was this information shared?

IN-PERSON

During Business Hours: 8:00 - 4:30

Walk student to SMUMN Counseling Services in Vlazny 135

If you are unable to walk with student to Counseling Services, call Campus Safety at 507-457-1703. Stay with student until help arrives.

After Hours or if student unwilling to walk to Counseling Service:

Campus Safety: **507-457-1703**
Winona Police: **911**

Stay with student until help arrives.
(see other page for tips to show support during this time)

PHONE

EMAIL

Respond to email using the guidelines on this page.
Consult with Counseling Services or the Dean of Students office for next steps.

Always Notify:
Dean of Students office at: **507-457-1640**
and file a Incident Report Form at **smumn.edu/speakup**
&
Your direct supervisor.

*If desired, contact EAP services to help yourself debrief the experience.

Ask the Student:

Name? Phone Number?
Location? Are they alone?

Have they taken any action toward ending their life?

If possible, have a colleague or co worker call **Campus Safety or 911.**

Keep the student on the phone until help arrives - if you can.

Refer to first page for tips on what to say to support a student in distress while you wait.

Students in Distress: Faculty & Staff Guide

Mild Risk (non-urgent)

A student who is: depressed

- Agitated, highly anxious, lacks motivation or concentration
- Sleeping, drinking, hungover in class
- Showing dramatic change in weight, hygiene and typical behavior
- Has marked changes in academics
- May have experienced a recent notable stressor (loss, assault, ect.)

Mild risk involves mental health concerns *without risk of suicide*

Steps to Take:

Refer student to resources available:

- Wellness Center Services: 507-457-1773
- Student Success Center: 507-457-6994
- Student Health Services: 507- 457-1492

Notify Student Success Center through Early Alert form found on Faculty/Staff Portal

If you are still concerned or want assistance:

Consults with SMUMN counseling services about next steps at 507-457-1773

Moderate Risk

A student who:

- Demonstrates bizarre behavior or speech
- Is disruptive to the learning environment
- Shows erratic moods, behaviors, academic performance
- Has impaired thinking

Safety is not an immediate concern

For assistance, call SMUMN Counseling Services (507-457-1773).

Steps to Take:

Notify Student Success Center:

Submit Early Alert form found on Faculty/Staff Portal

Refer Student to Wellness Center:
507-457-1773

Provide the student with mental health crisis line and resources.

After Hours Consultation:

Campus Safety: 507-457-1703

Winona County Mental Health Line:
1-844-CRISIS2 (2747472)

National Suicide Prevention Lifeline:
1-800-273-TALK

High Risk (urgent)

- Makes verbal, written, or physical threats to harm oneself or others
- Is exhibiting violent or overtly dangerous behavior
- Severe loss of control or inability to communicate

See next page / Back-side

Safety of Student or Others is an Immediate Concern:

**CALL Campus Safety (507) 457-1703
OR 911**

How to Show Support

Questions you can ask:

How can I best support you right now?

When you experienced difficulties in the past, what has helped?

Things you can say:

You are not alone in this. I'm here for you.

While I might not understand exactly how you feel, I care about you and I want to help.

Share information about campus resources including the Dean of Students Office, Counseling Services and the Student Success Center.

Listen without judgement:

Remain patient and accepting. Even if the stressor seems trivial to you, it's not for the student. The conversation might seem negative and uncomfortable, but talking is always a positive step.

It's not about saying exactly the right words. The important thing is showing that you care.