Safety
- In critical situations, do not leave the student alone, involve colleagues who seek help.
- Do not promise to share information, if the situation is serious.
- Do not advice, convince or try to solve the student's problems. Your responsibility is to acknowledge signs, listen and assist in seeking help.
- Involve a confidant. This could be the student’s parent(s), but may also be someone else.

Follow-up
- Stay in touch with student.
- Check whether student has been successful in seeking/arranging professional support.

Contacts
- Student psychologists: 071-5278026
- Advice Desk Alarming Behavior (AZG) 071-5278026
- 113 helpline: Telephone number: 113 / 0900-0113
- www.suicidestop.com/call_a_hotline.html
- Emergency response number:_____________

Every second counts!