

-Behaviour changes?
 -Frequent absence?
 -Low mood?
 -Poor study results?

No

-discuss wish for support
 -suggest appointment student psychologists
 -online mental support
 -consult student adviser

1. Thoughts about death?

No

-Discuss options for support
 -Consult study adviser
 -Suggest appointment student psychologist
 -www.luisterlijn.nl
 -www.mindkorrelatie.nl

Have you thought you'd be better off dead?

-Recognize warning signs
 -Express your concern
 -Ask what's going on
 -Listen without prejudice

Yes

2. Suicidal thoughts?

No

-Refer to GP for further examination and care
 -Consult AZG
 -Consult student psychologists for advice
 -Refer to 113 (Telephone number: 113)

Are you having thoughts about taking your own life?

Yes

3. Suicide plans?

No

-Refer to GP for further examination and care
 -Consult AZG
 -Consult student psychologists for advice
 -Involve parents / 'confidant'
 -Consult 113 (Telephone number: 113)

Do you have specific plans, have you made preparations?

Yes

4. Today or tomorrow?

No

-Stay with student
 -Involve colleagues
 -Arrange immediate professional support
 -Inform parents / 'confidant'

Do you have a specific date in mind?

Yes

5. Situation unsafe?

Every second counts!

Yes

-Secure own safety
 -Stay with student
 -Alert emergency response team
 -Call 112

Safety
 -In critical situations, do not leave the student alone. involve colleagues who seek help and discuss with student where to seek help and support.
 -Do not promise not to share information, if the situation is serious
 -Do not advice, convince or try to solve the student's problems. You are teacher/mentor and 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: _____