



Overview	Immediate Response	Within 24 Hours	Within a Week
<p><i>The information provided here is intended to assist all members of the CUI community who encounter students contemplating suicide. When uncomfortable with or unsure of the procedure, please contact Campus Safety and/or the Counseling Center.</i></p> <p>Suicidal threats and attempts are a person's way of letting others know that he or she needs help. They should never be taken lightly or only as a "bluff." Most people who threaten and/or attempt suicide more than once usually succeed if they are not stopped. Emergency care and hospitalization are necessary after an attempted suicide. Persons with suicidal thoughts should seek counseling and may need medical treatment.</p> <p><b>Warning signs:</b></p> <ul style="list-style-type: none"> <li>Sudden changes in behavior: eating, sleeping, friends, grades, not going to classes, neglecting personal appearance, quitting activities</li> <li>Giving away valued possessions</li> <li>Out of touch with reality.</li> <li>High risk behavior (drugs, alcohol, recklessness)</li> <li>Suicide threats (direct or veiled)</li> <li>Depression - isolation and withdrawal</li> <li>Aggressive, rebellious, disobedient behavior</li> <li>Loss in their personal life</li> <li>They appear to be "getting their house in order" (taking care of loose ends, saying goodbye to friends and family, etc.)</li> </ul> <p>If you have helped a CUI student who has been suicidal and have not reported it to an RA, the Counseling Center, Campus Safety, or Campus Ministry, please do so. These offices have staff who are trained to assist students who need treatment related to suicidal threats or attempts.</p>	<p><b>First Contact (Faculty, Staff, or Student)</b></p> <ul style="list-style-type: none"> <li>Assess the situation and the severity of the threat.</li> </ul> <p><u>Question Steps:</u> <b>Three important questions to ask an individual whom you think might be suicidal:</b></p> <ol style="list-style-type: none"> <li>Are you thinking about suicide? (If the answer is "Yes, but I couldn't do that because...", the prognosis is more encouraging; however, you want to ask the next question.)</li> <li>Have you thought about how you would do it? (If there is no plan, then the prognosis is better; however, if there is a plan, then ask the next question.)</li> <li>Is the method (pills, weapons, etc.) available to you? (If it is, contact campus safety or the counseling center. <b>DO NOT LEAVE THE PERSON ALONE.</b>)</li> </ol> <p><u>Action Steps:</u> <b>If student has taken action or the suicidal threat appears imminent:</b></p> <ul style="list-style-type: none"> <li>Call 911 first and then call Campus Safety at (949) 214-3000.</li> <li>Remain with student until help arrives.</li> <li>Contact the Wellness Center at (949) 214-3102 (if during business hours).</li> </ul> <p><b>If student expresses suicidal thoughts but has not yet taken action:</b></p> <ul style="list-style-type: none"> <li><b>During office hours:</b> 9am to 4pm, M-F, call the Counseling Center for the on-call counselor. You may be asked to walk the student over.</li> <li><b>After office hours:</b> call CAT (Centralized Assessment Team) at 1-866-830-6011 and Campus Safety at (949) 214-3000.</li> <li>Remain with student until help arrives.</li> </ul> <p><b>If student is demonstrating mental health concerns, but is not suicidal:</b></p> <ul style="list-style-type: none"> <li><b>During office hours:</b> 9am to 4pm, M-F, call the Counseling Center for the on-call counselor. You may be asked to walk the student over.</li> <li><b>After office hours:</b> Please contact the RA duty phone at (949) 307-6216.</li> <li>Remain with student until help arrives.</li> </ul>	<p><b>First Contact (Faculty, Staff, or Student)</b></p> <ul style="list-style-type: none"> <li>Contact Dean of Students' office (949) 214-3056 to report incident.</li> <li>Follow up with individual if appropriate.</li> </ul> <p><b>Assessment and Care Committee</b></p> <ul style="list-style-type: none"> <li>Possible follow-up with parents or emergency contact.</li> <li>If student is unable to attend classes, faculty members will be notified through the Dean of Students' office.</li> <li>Document all communications and actions.</li> </ul> <p><b>Resources:</b></p> <p><u>Irvine Police:</u> 911</p> <p><u>CUI Campus Safety:</u> (949) 214-3000</p> <p><u>CUI Counseling Center:</u> (949) 214-3102, Wellness Center, Monday – Friday from 9:00 a.m. to 4:00 p.m. Note: Unless the counselor gets a release from the student, he/she cannot provide information about the student or appointments.</p> <p><u>Dean of Students:</u> (949) 214-3056</p> <p><u>Office of Residential Education and Services:</u> (949) 214-3052</p> <p><u>RA Duty Phone:</u> (949) 307-6216</p> <p><u>abbey west (campus ministry):</u> (949) 214-3113</p> <p><u>Centralized Assessment Team (CAT) Emergency crisis line:</u> 1-866-830-6011. This line is answered by Orange County mental health staff on call 24/7.</p> <p><u>Suicide Hotline:</u> 1.800.SUICIDE or (1-800-784-2433) This is a 24-hour suicide hotline number.</p>	<p><b>Assessment and Care Committee</b></p> <ul style="list-style-type: none"> <li>Review case in team meeting.</li> <li>Continue contact with student.</li> <li>Develop and review case management.</li> <li>Notify student of requirements in order to return to campus.</li> <li>Follow up with relevant faculty and staff.</li> <li>Involve Campus Ministry in the follow-up with student.</li> <li>Document all communications and actions.</li> </ul>