

MENTAL HEALTH CRISIS INTERVENTION PLAN

If any **physical harm action** has been taken by the student, call **911** immediately.

START

Is student at acute risk for suicide?

- ❖ Stating they wish they were dead
 - ❖ Talking about a suicide plan
 - ❖ Has access to lethal means
 - ❖ Talking about wanting to kill themselves
- *Refer to back for more information about risk levels.*

Note: If you are able, get a trusted colleague for support at this time.

NO

Provide student with a mental health resource brochure

If still concerned:
Consult with Counseling Services about next steps

YES

How was this information shared?

IN-PERSON

- Between 8:00am-4:30:**
- ❖ Walk the student to Counseling Services
 - ❖ If they refuse, call Campus Security
 - ❖ Stay with student until Security arrives
- After hours:**
- ❖ Call Campus Security, and stay with student

****Notes on back on what to do while you wait with student**

PHONE

Ask the student:
Name? Phone number? Location? Are they alone? Any self-harm action taken?
If you lose contact with them, hang up and call them back. If no answer, call Security at x9999.

EMAIL

Forward email to counseling@wartburg.edu

Consult with Counseling Services

*****Respond to student's email using guidelines on the back of this sheet**

Contact Information

Counseling Services
3rd floor of the Vogel Library,
319-352-8596

Noah Campus Health Clinic
319-352-8436

Campus Security
319-352-9999

Spiritual Life
319-352-8217

***High Risk (acute - seek help immediately)**

- Direct statement about acting on physical harm to self and/or others with immediate thoughts/plans/means/access/intent
- Under the influence of alcohol or drugs that could lead to harm

***Moderate Risk**

- Direct statement about self – or other- harm without immediate thoughts/plans/means/access/intent
- On-going mental health concerns
- Psychosis without threatening statement(s) or behavior(s)

NOTE: In this situation, you must often use your own judgement/instinct. For assistance, call Counseling Services.

***Mild Risk (non-acute)**

- Mental health concerns about self or others *without risk of suicide*
- Situational event concerning self or others contributing to stress

*****Guidelines for responding to at-risk student via email:**

- ☐ Sincerely express concern/empathy
- ☐ Direct the student toward appropriate resources
 - ☐ Counseling Services, Campus Chaplin, Noah Campus Health Clinic
- ☐ **Include phone numbers for campus resources (see front), as well as the National Suicide Prevention Hotline (1-800-273-TALK) or 988**
- ☐ Encourage student to reach out
- ☐ Request that the student respond to your email so you know they received it
- ☐ Inform the student that they are not in trouble; you only want to ensure they get help

****What to do while you wait (in person or on phone) with the student for assistance:**

Questions you can ask:

- ✓ How can I best support you right now?
- ✓ When you have experienced difficulties in the past, what has helped?

Things you can say:

- ✓ You are not alone in this. I am here for you.
- ✓ While I may not understand exactly how you feel, I care about you and I want to help.
- ✓ Share information about campus resources

Listen without judgement:

- ✓ Use open body language and good eye contact.
- ✓ Practice patience and acceptance. The conversation may seem uncomfortable and negative, but it is important for the student to have a safe place to talk and feel heard.
- ✓ There are no magic words to “fix” the situation. The important thing to do is show that you care.

Explain what to expect after Campus Security, or 911, is called:

- ✓ Campus Security will arrive first. (If the police and/or medical personal have not been called, they (Security) will determine if it is necessary and contact the appropriate parties.)
- ✓ The student will be transported by Security, Police or Ambulance to the Waverly Health Center Emergency Room. At this time, the student’s parents may be notified.
- ✓ The student will see the ER doctor for further evaluation to assess risk to self or others, to determine the next level of care.
 - ✓ The student may be transported to a local mental health unit to ensure safety, and to receive psychiatric care.