

Always remember to:

- Remain calm, empathetic & non-judgemental
- Use a safe, appropriate & private setting
- Focus on the student & their understanding of the situation
- Attend to the student's verbal & non-verbal messages
- Display appropriate body language & vocal tone to support the student in remaining calm & feeling safe
- Be honest from the beginning about limits of confidentiality

Step 1: Start a conversation

Check in with the student: get them talking...

- "I wanted to check in with you because you haven't been yourself lately"
- "It's not uncommon when depressed to feel that things won't improve and won't get any better; do you ever feel this way?"
- "I am worried about you... can we talk?"
- "Have you been feeling anxious, nervous or panicky lately?"

Step 2: Directly ask about suicidal thoughts

- "Have you ever thought about killing yourself?"
- "Are you thinking of hurting yourself?"
- "Do you have a suicide plan?"
- "Have you thought about how you are going to kill yourself?"
- "Have you thought about when you want to do this?"

If the student:

- Doesn't have active suicidal thoughts
- Shows mild dysphoria
- Has no plan or intent
- Has good self-control

If the student:

- Frequent & enduring suicidal thoughts
- Specific plans
- Clear intent
- Available method

If student says YES to any of these – take ACTION:

Step 3: Assess risk

LOW RISK

Let the student know there are a several services that can provide support.
Assist them to contact one of these:

HIGH RISK

Let the student know that you need to get help.
Stay with them until support arrives.
Call 000 and request Police do a welfare check

Step 4: Referral options:

ICMS Vice President Student Life: ☎ 02 9466 1025
External Counselling Access EAP: ☎ 1800 818 728
Suicide Call Back Service: ☎ 1300 659 467 (24/7)
Lifeline: ☎ 13 11 14

Emergency services: ☎ 000
ICMS Campus Concierge 24/7: ☎ 0429 994 590
ICMS Chief Operations Officer: ☎ 0407 814 692