

# XAVIER UNIVERSITY GUIDE TO ASSIST STUDENTS WHO REPORT SUICIDALITY

COUNSELING SERVICES CENTER, PSYCHOLOGICAL SERVICES CENTER,  
OFFICE OF THE DEAN OF STUDENTS



## HOW TO RESPOND TO SOMEONE CONTEMPLATING SUICIDE

### IN RESPONSE TO AN EMERGENCY SITUATION—

Contact Xavier Police immediately (513-745-1000) if:

- the individual has a weapon and it threatening to use it.
- the individual is threatening immediate harm to self or others.
- the individual has engaged in behavior that requires immediate medical attention.

### IN AN URGENT SITUATION—

It is crucial to become comfortable asking directly about suicide. Ask: "I've been noticing or noticed (insert behavior/online post, etc. here). Have you ever thought about suicide/killing yourself? Do you have a plan for suicide/killing yourself?"

A person in distress may say they are fine and don't have plans to hurt themselves. In reality, if they have a plan for suicide, asking would bring them relief if they haven't considered the plan harmful to themselves or others. Established suicide prevention techniques have shown that person almost always feels relieved when another person displays concern—not anger or annoyance.

### NEXT STEPS—

**PERSUADE:** It may be critical for you to help persuade the student to get the assistance they need. Take your time and focus on the conversation with the student. Listen to what they are saying and encourage the student to think about factors that will help them get past this moment or thought. Share with them you care about them, you are not an expert and you need them to get help (in the moment) from someone that is an expert.

**REFER AND ACCOMPANY:** Go with, or have the individual escorted, to a trained mental health professional for an immediate crisis appointment at the Counseling Services Center (513-745-3022 ext. 2). Inform the person answering the phone that you have a student who is in crisis.

**FOLLOW UP:** After you have connected the student with a counselor, complete a student concern report at [xavier.edu/employees](http://xavier.edu/employees). If you have any questions or concerns about a student's ability to effectively and safely remain on campus or you have concerns about a student impacting others around them, please consider contacting the Care Management Coordinator in the Dean of Students Office at 513-745-4391 or sending an email to [Kneflin@xavier.edu](mailto:Kneflin@xavier.edu). If you would like additional resources or training, contact McGrath Counseling Services at 513-745-3022, ext. 2.

**IF A STUDENT THREATENS TO HARM SELF OR OTHERS,  
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### WARNING SIGNS:

These warning signs include more subtle expressions of suicidal thinking and a broader range of factors that should be considered in combination and in the larger context of the person's natural tendencies. Warning signs could include:

- Feelings of hopelessness.
  - Feelings of anger, rage, or wanting to seek revenge.
  - Feeling trapped.
  - Feeling anxious, irritated, agitated, or difficulty sleeping.
  - Increased alcohol or drug use.
  - Withdrawing from family or friends.
  - Dramatic mood changes over a few weeks.
  - Expressing difficulty in finding a reason or purpose for living. "I wish this were over," "I can't go on like this", etc.
- Suicidal refers to a range of thoughts, feelings and behaviors related to contemplating and/or intending to kill oneself. Some signs are more observable than others. It's important to be aware of the warning signs and the resources both on and off campus for help.
- Suicide is a leading cause of death for college students. You can help save a life by knowing and understanding the facts of suicide prevention. Most suicidal people don't want to die—they just want their pain to end. Additionally, many more students struggle with having suicidal thoughts. National surveys of college students estimate that 10 percent of students on any given campus contemplate suicide every year. This means as many as 500 Xavier students contemplate suicide each year.

### IMPORTANT FACTS:

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**ALL FOR ONE, ONE FOR ALL.**

**See Something, Say Something** reflects our commitment to one another, our commitment to *Cura Personalis* and our commitment to create a safe and healthy campus community. At Xavier University, being in community together compels us to report concerning or disruptive behavior and seek assistance for students in need.

The purpose of this intervention guide is to assist members of the Xavier community in identifying and responding to students in need. For more information on these resources or support, please contact the **Dean of Students** at 513-745-3166 or the **Care Management Coordinator** at 513-745-4391. If you are concerned about a fellow employee, please contact the **Office of Human Resources** at 513-745-3638.

**DEPARTMENTS | PROGRAMS | TEAMS**

**SUPPORT**

**Care Management Coordinator, Dean of Students Office: 513-745-4391**  
Advocacy, support and referrals to students in distress. Referrals to Care Management may come from X-ACT, faculty, staff and students.

**Xavier Action and Care Team (X-ACT): 513-745-3166, 513-745-4391**  
Facilitates appropriate support and assistance to students who may be experiencing emotional distress and/or exhibiting at-risk or threatening behaviors. Online referrals can be made through the Employee Hub-Student Concern link.

**Disability Services: 513-745-3280**  
Ensures all students with documented disabilities can freely and actively participate in university life. Provides and coordinates reasonable accommodations to maximize students' educational potential and develops their independence to the fullest extent.

**Student Success Center: 513-745-3141**  
Coaching for academic and personal success; assist students with adjustment issues, time management, goal setting and transition into college.

**Office of Residence Life: 513-745-3203**  
Supports students in their personal growth while challenging them to successfully achieve their academic goals. HDs and RAs are often a student's most direct connection to university resources.

**Advocacy and Prevention Coordinator: 513-745-2866 (Monday-Friday 8:30 a.m.-5:00 p.m.)**  
Confidential support, information and advocacy for those affected by harassment, discrimination, relationship violence, sexual assault, rape and stalking.

**Women Helping Women: 513-745-2866 (After Business Hours)**  
Advocacy services to Xavier students in collaboration with XU's Advocacy Coordinator.

**Title IX Office: 513-745-3046**  
Investigates reports of sex discrimination, including sexual harassment, sexual violence, domestic violence, dating violence, and stalking. Facilitates a prompt, equitable process to resolve those complaints.

**Student Integrity, Dean of Students Office: 513-745-3166**  
Responds to student behavior through fair and educationally based interventions including the student conduct process.

**Xavier University Police Department (XUPD)**  
**Emergency Line: 513-745-1000 | Non-Emergency Line: 513-745-2000**  
Assists with crisis intervention in all situations, plus has direct radio communication with the surrounding police, fire and EMS agencies servicing the Xavier community.

**TREATMENT**  
**McGrath Health and Wellness - Health and Counseling Services: 513-745-3022**  
Health services include medical treatment, prevention and education to students, provided by Trihealth. Counseling and psychotherapeutic treatment is provided by clinical counselors, psychologists, social workers and counseling interns.

**Psychological Services Center (PSC): 513-745-3531**  
Wide-ranging psychological services to all graduate and undergraduate students.

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You can also visit the Dean of Students and the Care Management Coordinator in the Gallagher Student Center, Room 300. If you would like to talk about your referral prior to making a report, call the Care Management Coordinator at 513-745-4391 or the Dean of Students at 513-745-3166.

Referrals can be made through the Xavier Employee Hub and xavier.edu/studentconcern. Information needed to make an effective referral includes:

- Your name, contact information and relationship to the student.
- The student's name and contact information (as much as you have).
- A brief factual explanation of the concern and any direct observations you made concerning the student.
- What's been done to address the concern and the student's response to those efforts.

CONCERNING BEHAVIORS:	URGENT BEHAVIORS:	EMERGENCY BEHAVIORS:	EXAMPLES OF BEHAVIOR TO REPORT:
<p><b>EXAMPLES:</b></p> <ul style="list-style-type: none"> <li>• Frequent class absences</li> <li>• Changes in appearances or hygiene</li> <li>• Difficulty adjusting to college life</li> <li>• Uncooperative</li> </ul> <p>Behavior may impact personal or academic success but not likely to indicate a risk to life or safety.</p>	<p><b>EXAMPLES:</b></p> <ul style="list-style-type: none"> <li>• Indirect threat to self or others, disturbing content in academic work</li> <li>• Erratic behavior, expressing helplessness or hopelessness</li> <li>• Withdrawal from friends or daily activities</li> </ul> <p>Document behavior/situation and refer to X-ACT</p>	<p><b>EXAMPLES:</b></p> <ul style="list-style-type: none"> <li>• Expressed intent to harm self or others</li> <li>• Suicide attempt</li> <li>• Suicide ideation with plans and means for attempt</li> <li>• Delusions/hallucinations</li> </ul> <p>Behavior indicates immediate threat to individual or community.</p>	<p><b>EXAMPLES:</b></p> <ul style="list-style-type: none"> <li>• Suicide ideation/attempt</li> <li>• Alcohol or other drug abuse</li> <li>• Disruptive classroom behavior</li> <li>• Extreme mood swings</li> <li>• Depression or persistent sadness</li> <li>• Disturbing material submission</li> <li>• Loss of interest in activities</li> <li>• Disordered eating</li> <li>• Excessive anxiety</li> <li>• Self-harming behavior</li> <li>• Social withdrawal</li> <li>• Disappearance from class</li> </ul>



**XAVIER ACTION AND CARE TEAM (X-ACT)** is a collaborative, interdisciplinary advisory group that facilitates support for students who are experiencing emotional distress and/or exhibiting at-risk or threatening behaviors. X-ACT focuses on:

- **prevention** and early intervention.
- **reviewing** reported concerns for student well-being.
- **developing** support strategies and case coordination.
- **recommending** actions in accord with existing University policies.