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/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. 21). 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. 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. 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, PLEASE CALL XUPD AT 513-745-1000.
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 develop 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)
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.

SOMETHING
SEE
SAY
XU CARES

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