

## Suicidal Ideation, Gestures, Attempt or Hospitalization Protocol

UW-L seeks to promote a healthy and safe learning environment for the entire community. This goal requires a collaborative partnership between Faculty/Staff and Student Life. We take the approach of care and support and try to devise a safety plan that best serves the student and the safety of the learning community.

**Note on FERPA (Family Educational Rights and Privacy Act): Your own personal observations of a student's behavior or condition are not educational records and thus are not regulated by FERPA. So if you have a concern about the well-being of a student, report it.**

<http://www2.ed.gov/policy/gen/guid/fpco/pdf/2012-final-regs.pdf> (page 24, section 99.36)

### Warning Signs that a Person may be at Risk for Suicide

Most people who show suicidal behaviors do not actually want to die. They cannot see any other relief from painful thoughts or feelings. More often than not, individuals who are contemplating suicide will give some warning of their intentions to a friend or family member. All suicide threats, gestures, and attempts must be taken seriously.

- Hopelessness (e.g., life seems pointless, things will not get better, etc.)
- Rage, uncontrolled anger, or seeking revenge
- Feeling trapped or like there's no way out
- Increased alcohol or drug use
- Withdrawing from friends, family, and society
- Anxiety, agitation, unable to sleep or sleeping all the time
- Dramatic mood changes
- Expressing no reason for living or no sense of purpose in life, talking about suicide
- Prior suicide attempts

### Protocol

**If you have a suicidal concern for a student you should report it. Do not guarantee confidentiality.**

1. Imminent threat of suicide call 911.
2. Concerning, but not imminent contact either Student Life at 608.785.8062 in Rm. 149 Graff Main Hall and/or the Counseling & Testing Center at 608.785.8073 in Rm. 2106 Centennial Hall.
3. The CARE Coordinator will contact the student of concern to explore options.
4. Continued enrollment is contingent upon the student completing an assessment with a mental health provider.
5. The CARE Coordinator will determine ongoing follow up and as appropriate apprise the reporting faculty or staff.
6. Student Life may make contact with other support networks such as significant others or family members.

View more detailed information on [Faculty/Staff Suicide Protocol](#).

For more information on students in distress go to: <http://www.uwlax.edu/Student-Life/CARE-Team/>