Suicide and Psychological Crisis

Before
1. Participate in training and workshops related to mental health available through the University Counseling and Testing Center.
2. Be familiar with campus resources such as
   a. Office of the Dean of Students: 541-346-3216
   b. University Counseling and Testing Center: 541-346-3227
   d. Employee Assistance: 1-800-433-2320
3. Follow general preparedness guidelines available in the Take Action: Emergency Planning section of this flip chart or online at emc.uoregon.edu.

During
1. Be alert for signs of suicide or distress:
   a. Talking about killing oneself, ending everything, or being unusually preoccupied with death.
   b. Giving away personal possessions or tying up loose ends.
   c. Expressing hopelessness or worthlessness.
   d. Sudden changes in behavior, personality, or self-image.
   e. Talking about getting access to means of suicide.
2. Remain calm.
3. Express your concerns to the person, share what you are noticing that causes you to be concerned, and offer to listen to what they have to say. Encourage them to seek professional help and offer to help them do so.
4. If you believe the person might be considering suicide, ask them directly if they are thinking about killing themselves
   a. If someone else is at imminent risk of injuring or killing themselves, call 911 immediately. Do not try to physically stop them.
   b. If the risk is not immediate, encourage the person to call the University Counseling and Testing Center at 541-346-3227 (if they are a student) or the National Suicide Prevention Lifeline at 1-800-273-8255 or the White Bird Clinic crisis line at 541-687-4000 (if they are not a student).
5. If you are dealing with suicidal thoughts or any other crisis, call the University Counseling and Testing Center crisis line at 541-346-3227 or the National Suicide Prevention Lifeline at 1-800-273-8255.

After
1. If the person in crisis is a student, call the Office of the Dean of Students at 541-346-3216.
2. If the person in crisis is a faculty or staff member, call Human Resources at 541-346-3159.
3. After assisting someone else with a crisis, take time to help yourself by relaxing and talking with friends or family about what you experienced.

The University of Oregon Emergency Management and Continuity website has additional information on emergency planning: emc.uoregon.edu.