**Helping a Suicidal Student, Remotely**

**If you are concerned about a student, talk to them privately**

Listen to their story and let them know you care. Ask directly about suicide, calmly and without judgement. You can ask, “Are you thinking of killing yourself?” Show understanding and take their concerns seriously. Let them know their life matters to you. A conversation can save a life.

**Find out the student's location**

Because you will likely be talking to the student using some sort of electronic platform (email, video conference, phone...), you will not immediately know their location. This information is necessary if you learn they are in imminent danger and need to send emergency responders to their location. Therefore, as soon as you begin to have any concerns about a student, try to learn their current address.

**If the student says they are thinking about suicide**

Take the person seriously and be empathic. Ask if they plan to act on these thoughts.

**If the student has thoughts but no plan:**

If the student wants to talk with a mental health professional right away, there are several options:

* If the Gustavus Counseling Center is open (M-F 8-4:30), the student can call and schedule an emergency appointment if available, or attend Let’s Talk at 1:30 (the Counseling Center can direct them how to set appointments and how to utilize Let’s Talk).
* The student could also reach out to the Dean of Students office (either Heather, Meegan, Charlie, or JoNes).
* There is a crisis line run by Sioux Trails Counseling Center. That line is staffed by licensed mental health therapists 24/7. The number is 1-800-247-2809.
* There is a crisis center with a 24 hour phone service through the South Central Crisis Center in Mankato. The staff are trained to talk to people in crisis. Their phone number is 507-344-0621.
* If you are on a video or phone call, you could offer to call a crisis resource together (e.g., the National Suicide Prevention Lifeline, 1-800-273-8255).
* You can encourage them to contact their own therapist if they have one. If they do not have a therapist, you can encourage them to contact the Counseling Center.

**If a student says they plan to kill themselves, or cannot commit to safety:** **Get immediate help.**

First, see if they are willing to let you help them get immediate help by calling the Counseling Center together at 507-933-7027 to see if there is an emergency appointment available. If they are not willing to call the Counseling Center, you may need to contact the Dean of Students office in order to get the student the help he/she/they need. There is always a Dean on-call. If the student does not agree to call together, you will need to independently contact the Dean on call and Campus Safety.

**Crisis Resources**

Gustavus Counseling Center: 507-933-7027 Hours M-F 8-4:30

Sioux Trails warm line: 1-800-247-2809 Hours 24/7

South Central Crisis: 507-344-0621 Hours 24/7

Dean of Students: 507-933-7526 M-F 8-4:30 (Dean on-call 24/7)

Campus Safety: 507-933-8888 (24/7)

National Suicide Prevention Lifeline

Hours 24/7. Languages: English, Spanish. 1-800-273-8255