

EVERETT PUBLIC SCHOOLS
Student Support Services

Student Suicide/Mental Health Emergencies

Outlined below are recommended steps for intervening with students experiencing suicidal ideation/threats or mental health crisis.

Step 1: Stabilize

- In no circumstances should a suicidal youth be left alone.
- Immediately talk to the student to determine if there are any dangerous instruments close at hand.
- Remove dangerous instruments if student will permit this to be done.
- Take the student to a non-threatening place away from other students, a place where there is another adult and a telephone close by.

Step 2: Assess Risk

Talk calmly with the student to assess the risk of self-harm.

- **Extreme Risk:** If the student will not relinquish dangerous instruments, is highly agitated, or you are not able to ensure containment in a safe place.
- **Severe Risk:** If the student is in danger of self-harm (has a plan) but has no dangerous instruments at hand and is calm enough to be safely contained.
- **Moderate Risk:** If the student expresses suicidal thoughts but has no specific plan.
- **Low Risk:** If the student engages in risky/self-mutilating behaviors with no suicidal thoughts.

Step 3: Intervene

Extreme Risk:

- Call **911 and immediately notify your school administrator.**
- Have adults continue to attempt de-escalation.
- Call **Care Crisis Professional Triage Line at 425-258-1352* or 800-747-8654*** to alert the Children's Crisis Response Team to situation and ask them to be available to consult with police/parents/staff.
- Call parents as soon as possible (unless student indicates distress is result of abuse, in which case call CPS at 1-866-829-2153 to report and determine who will inform parents).

Severe Risk:

- **Immediately notify your school administrator and call 911 if necessary.**
- Call parents as soon as possible (unless student indicates distress is result of abuse, in which case call CPS at 1-866-829-2153 to report and determine who will inform parents).
- Call **Care Crisis Professional Triage Line at 425-258-1352* or 800-747-8654*** and request immediate help from the Children's Crisis Team. They will ask a few questions and relay information to the Team who will then call you back within about 20 minutes.
- Discuss situation with Crisis Team. They will come to your site, intervene with student and parents and consult with you regarding crisis plan.

***These numbers given are for triage assessment – to be used by professional staff only. See over for parent access number.**

Moderate Risk:

- Notify your school administrator.
- Call parents as soon as possible (unless student indicates distress is result of abuse, in which case call CPS at 1-866-829-2153 to report and determine who will inform parents).
- Give parents as much information as possible.
- If appropriate, ask that they come to school to meet with you and support their child.
- If appropriate, provide resource information to parent to access a mental health assessment and crisis counseling. Options to discuss with parent include Care Crisis Line (who can set up free crisis counseling appointment at Compass health within 24 hours), private practitioners or mental health clinics, child's pediatrician.
- **Give parents the Care Crisis Line phone number, 425-258-4357 or 800-584-3578**, and encourage them to call if they become more concerned before their scheduled assessment. Parents may also bring the child to emergency room for immediate assessment.
- Review with parents the importance of supervision, removal of any dangerous implements, conveyance of care/concern while waiting for appointment.
- If parents are unresponsive to student's immediate mental health needs, call **Care Crisis Professional Triage Line at 425-258-1352* or 800-747-8654*** and ask for consultation from the Children's Crisis Team.
- If you cannot reach parents or emergency contacts by the end of the school day, call Children's Crisis Team for consultation. Always notify your school administrator. As a last resort they may instruct you to call 911 as police are the only authorized persons to detain a child.

Low Risk:

- Call parents as soon as possible (unless student indicates distress is result of abuse, in which case call CPS at 1-866-829-2153 to report and determine who will inform parents).
- Give parents as much information as possible.
- If appropriate, ask that they come to school to meet with you and support their child.
- If appropriate, provide resource information to parent to access a mental health assessment and crisis counseling. Options to discuss with parent include Care Crisis Line (who can set up free crisis counseling appointment at Compass health within 24 hours), private practitioners or mental health clinics, child's pediatrician.
- Review with parents the importance of supervision, removal of any dangerous implements, conveyance of care/concern while waiting for appointment.

Step 4: Follow Up

- Contact parent to ensure follow-through.
- Request the parent complete the *Student Re-entry form*.
- When possible, use parent and student input to determine who in the school setting needs to be alerted to child's mental health status. This usually will include building principal, counseling support staff, and classroom teacher. This may include de-briefing with friends/classmates who were involved with reporting. Confidentiality needs to be maintained as much as possible.

Excerpts taken from:

Suicide and the School: A Practical Guide to Suicide Prevention. by P. McKee, R. Jones, R. Barbe. LRP Publications, 1993