

SUICIDE ASSESSMENT

Students who are in danger of harming themselves may come to you for another reason – it is rare that they will volunteer that they are at risk of suicide. Some, signs that someone may be thinking about or planning to commit suicide include:

- Always talking or thinking about death
- Clinical depression -- deep sadness, loss of interest, trouble sleeping and eating -- that gets worse
- Having a "death wish," tempting fate by taking risks that could lead to death, such as driving fast or running red lights
- Losing interest in things one used to care about
- Making comments about being hopeless, helpless, or worthless
- Putting affairs in order, tying up loose ends, changing a will
- Saying things like "it would be better if I wasn't here" or "I want out"
- Sudden, unexpected switch from being very sad to being very calm or appearing to be happy
- Talking about suicide or killing one's self
- Visiting or calling people to say goodbye
- Withdrawing from friends and family, not returning phone calls, not participating in activities the person previously enjoyed can be warning signs of feeling troubled.

Start the conversation by letting the student know you are concerned about them – that you care about them and what happens to them. You could say: "I am worried about you." "It seems like something is bothering you." "You don't seem like yourself lately. How can I help?"

Be direct and ask questions; even the ones you may be afraid to ask such as: "Are you depressed?" "Are you feeling that there is no way out?" "Are you thinking about ending your life?" "Are you thinking about killing yourself?"

It all may sound blunt, but it is better to ask and have them reject your question than to risk their safety. At the end of this document is a list of community resources. Sometimes a student will allow you to make the call while they are with you or call themselves. If they are in danger, you are not bound by FERPA or confidentiality guidelines and need to call the Mental Health Team.

THE DOCUMENT BELOW CONTAINS:

- 1) A Decision Process to determine if and when you would call the Mental Health Team
- 2) A Decision Tree that corresponds to the Decision Process.
- 3) Resources and some additional information.

Please let me know if you have any questions – (562) 938-3986

DECISION PROCESS

Step 1) Has the student done something to indicated that they have made an attempt to hurt/kill themselves recently?

- a. If yes, contact the **LB Mental Health Evaluation Team (MET) at (562) 435-6711 or 911**

Step 2) If you do not know, begin with an initial screening (STEP 3) to assess thought, plan and intent.

Below are some questions you can use to begin the conversation to help the student feel comfortable and establish rapport.

- a) How is your day going? This week? Anything unusual?
- b) Has anything happened recently that is bothering you?
- c) How have you been doing in school? At home?
- d) How are you feeling right now?
- e) How do you feel most of the time? *<Establish an overall mood or time when depressed mood started>*
- f) I want to talk with you because *<describe the concern and reason for the referral>*

Step 3) Ask: Are you thinking about, or have you thought about hurting or killing yourself?

- a. If NO, talk about counseling to help the student feel better, or do better in school.
- b. If YES, proceed to step 4

Step 4) Ask: Do you have a plan?

- a. If NO, talk about counseling to help the student feel better, or do better in school.
- b. If YES, gather the following information AND **contact:**
LB Mental Health Evaluation Team (MET) at
Dispatch: (562) 435-6711 or 911

- c. Explore as many of the following as possible.
(The more information you can give to the MET team the easier it will be to help them)
1. Description of a plan, method?
 2. How long have they been thinking of hurting or killing themselves?
 3. How often do they think of hurting or killing themselves?
 4. Can they get rid of these thoughts or stop them if they try?
 5. Was there an event that started these thoughts: Relationship ended, death, traumatic event.
 6. When do they have these thoughts?
 7. Were there attempts? When, where, how? Hospitalized (when, where)?
 8. Has any family member or someone close to you ever tried to kill themselves?

Step 5)

Ask: Is there intent? - How serious do you think they are about hurting/killing themselves?

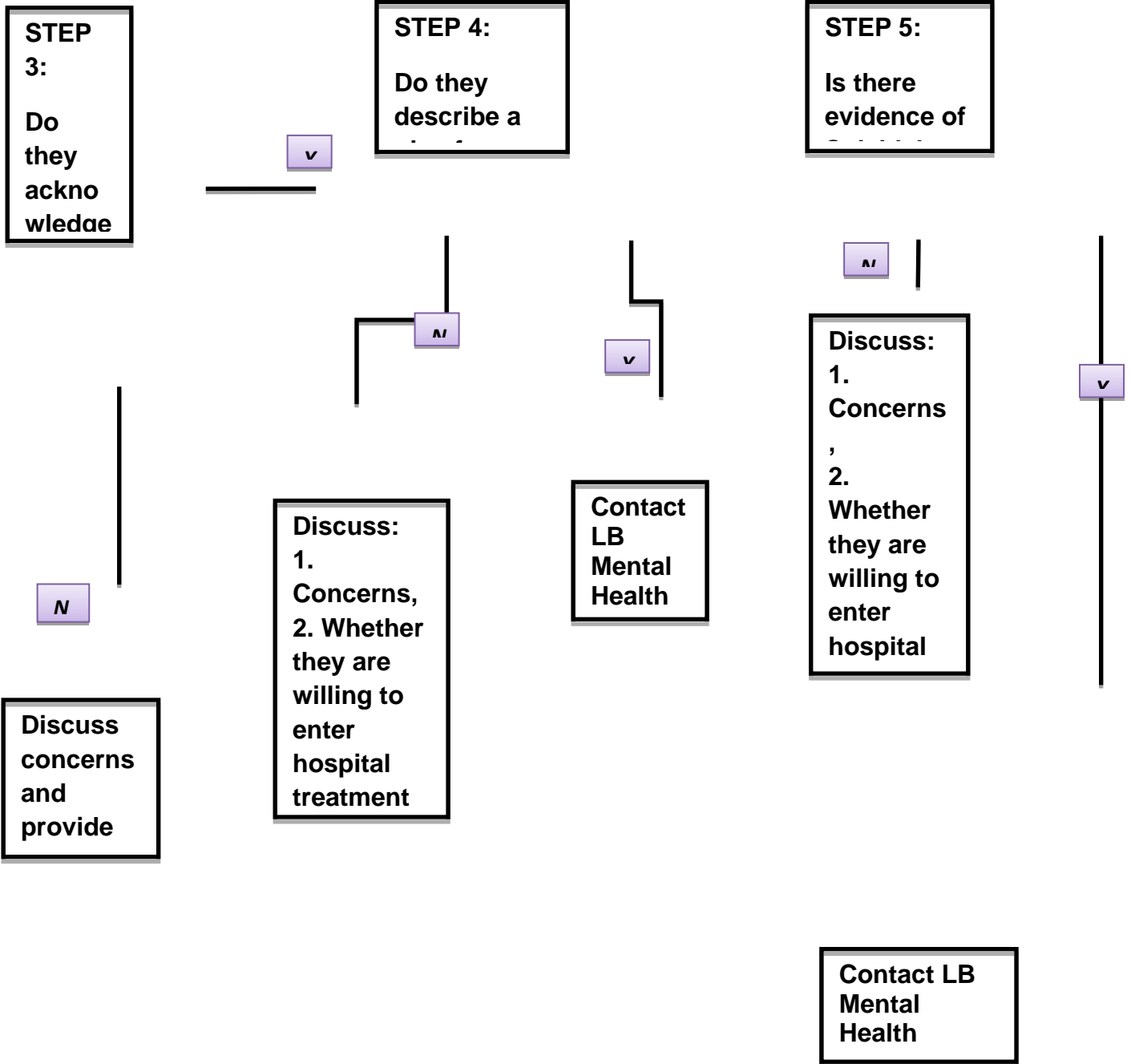
a. If NO, **you still contact:**

**LB Mental Health Evaluation Team (MET) at
Dispatch: (562) 435-6711 or 911**

b. If YES,

- a) Determine if they have the means available to them (do they have guns, knives, pills, car).
- b) Have they had time to prepare (pills, obtain a gun, practiced, said good-bye to friends, written note, given away gifts/possessions)

DECISION TREE



RESOURCES

AGENCY	INFO	REFERING CRITERIA
La Casa Mental Health Center of Long Beach CA	6060 North Paramount Boulevard, Long Beach, CA 90805 (562) 634-9534	<p>Student has no medical insurance Student reports steady debilitating symptoms to the point that his/her grades, attendance or ability to relate to peers/teachers is being affected.</p> <p>Student reports they have taken psych meds in the past but no longer has a prescribing psychiatrist to get their refill due to no insurance. This facility will provide:</p> <ul style="list-style-type: none"> • Medical evaluation by a psychiatrist • Will take students without medical insurance • will prescribe and give free meds for one month if needed
College Hospital	College Hospital Cerritos 10802 College Place Cerritos, CA 90703 (562) 924-9581	<ul style="list-style-type: none"> • Student reports suicidal thoughts with a plan but no intent to follow thru. • Student agrees to hospitalization and is safe to be driven to the hospital by self or someone else. • Student reports history of serious suicide attempts and is currently struggling with suicidal ideation. • Will require student to have an insurance plan but on emergency basis, will not need insurance to be admitted
<p>Mental Health American – Los Angeles – also known as “The Village”</p> <p>Drop-in Center</p>	<p>456 Elm Ave Long Beach, CA 9:00 a.m. to 2:00 p.m. Mondays, Tuesdays, Thursdays & Fridays 10:00 a.m. to 1:00 p.m. Wednesdays</p>	<p>Individualized services to persons without access to other services, who are homeless, have mental illness and need to be connected to longer-term homeless and mental health services.</p>
Los Angeles County-Harbor-UCLA Medical Center	1000 West Carson Street Torrance, CA 90502-2004 (310) 222-2345	<ul style="list-style-type: none"> • Student has no medical insurance and has already been seen at Long Beach Mental Health and will need on-going psychiatric medical treatment. • Student has been recently diagnosed or has an extensive history of a psychiatric illness such as but not limited to Major Depressive Disorder, Bipolar, Schizophrenia, Panic Disorder, Generalized Anxiety D/O, OCD etc. and • Student may be connected to services and resources such as medical or Medicaid if deemed appropriate.

The Trevor Hotline	(866) 488-7386	The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth.
Info Line	211	
Family Service Long Beach	5500 E Atherton St # 416 Long Beach, CA 90815 (562) 493-1496	<ul style="list-style-type: none"> • Student has no medical insurance and for sure will need on-going psychiatric medical treatment. • Student does not meet income criteria for government program. • Student has the means to pay cash since this agency provides sliding scale. • Student has being diagnosed or has an extensive history of a psychiatric illness such as but not limited to Major Depressive Disorder, Bipolar, Schizophrenia, Panic Disorder, General Anxiety Disorder, Anxiety disorder, OCD etc. and
Substance Abuse Foundation of Long Beach	3125 E. 7th St., Long Beach, CA 90804 PH: (562) 439-7755 TTY: (800) 735-2929	www.safinc.org Adult outpatient/residential substance abuse treatment; classes in anger management, domestic violence and parenting. Spanish spoken. FEE: Medi-Cal, sliding scale. HRS: Monday-Friday 8 AM-5 PM.
New Hope Grief Support Community	3443 San Anselme Long Beach, CA 90808	http://www.newhopegrief.org/contact-us/#sthash.hIKbyGzH.dpuf
Our House (Grief Recovery)	(310) 475-0299	
Flossie Lewis	351 E. 6th St., Long Beach, CA 90802 PH: (562) 435-7350	Residential substance abuse treatment for women ages 18-65. FEE: Sliding scale, indigent beds.
24 hours Crisis Help lines Open 24 hours a day 365 day of the year	(800) 352-3301 (800) 784-2433 (800) 273-8255	FREE!!! Extra resource for students to talk to somebody when they are having suicidal thoughts without an intent or plan.
California Youth Crisis Line	(800) 843-5200	Resources for Families and Friends After a Suicide Attempt or Threat
Emergency Psychiatric	(800) 854-7771	

Services (DMH) Suicide Prevention and Survivor Hotline	877) 727-4747	
Teen Line	(800) 852-8336	
Research Clinic	3151 Airway Av, Suite T3 Costa Mesa, CA 90262 (714) 545-5550	<ul style="list-style-type: none"> • Student has no medical insurance, and will need on-going psychiatric medical treatment. • Student has been recently diagnosed or has an extensive history of a psychiatric illness such as, but not limited to, Major Depressive Disorder, Bipolar, Schizophrenia, Panic Disorder, Generalized Anxiety D/O, OCD etc. • Student may qualify for a clinical study where he/she could potentially get free meds as well as a free psych evaluation. • No insurance required and if qualify for the study will get free meds and on-going treatment for the duration of the study.
Private Insurance	Varies	Student has private insurance and has been recently diagnosed or has an extensive history of a psychiatric illness such as, but not limited, to Major Depressive Disorder, Bipolar, Schizophrenia, Panic Disorder, Generalized Anxiety D/O OCD etc. and/or ongoing psychotherapy