

# Sample Mental Health Crisis Intervention Plan



## Mental Health Crisis Intervention Plan

<http://svsu.edu/studentcounselingcenter/>

### High Risk (acute- seek help immediately)

- Direct or indirect statement about self- or other-harm WITH immediate thoughts/plan/means/access/intent
- Under the influence of drugs or alcohol that could lead to harm

### Moderate Risk

- Direct or indirect statement about self- or other-harm WITHOUT immediate thoughts/plan/means/access/intent
- On-going mental health issues
- Psychosis with out threatening statement(s) or behavior(s)

**NOTE: In this situation, you must often make a judgment call. For assistance, call the Counseling Center.**

### Mild Risk (non-acute)

- Mental health concerns about self or others *without risk of suicide*
- Situational event concerning self or others contributing to stress

### Guidelines for responding to at-risk student via email:

- Sincerely express concern/empathy
- Direct student toward appropriate resources (refer to Counseling Center website for more information)
- Encourage student to continue reaching out
- Request that the student respond to your email so you know they received it
- Be transparent about your actions. Tell student that you want to ensure the most comprehensive services available, so you've reached out to the Head Athletic Trainer and Director of Athletics who will inform the Associate Provost for Student Affairs and the Counseling Center.
- Inform the student they are not in trouble.

### What to do while you wait (in person or on phone) with the student for assistance:

#### Questions you can ask:

- How can I best support you right now?
- When you have experienced difficulties in the past, what has helped?

#### Things you can say:

- You are not alone in this. I am here for you.
- While I might not understand exactly how you feel, I care about you and I want to help.
- Share information about campus/community resources (refer to Counseling Center website)

#### Listen without judgment:

- Remain patient and accepting. The conversation might seem negative and uncomfortable, but talking is always a positive step.
- It is not the time for you to try to talk them out of suicide as an option. It is the time to listen, encourage, and offer hope.
- **It's not about saying exactly the right words. The important thing to do is show that you care.**

#### Explain what to expect after 911 is called:

- Except in cases of medical emergency, the police will respond.
- The officers will want to have a conversation to understand the situation and the needs of the student. A police vehicle may be present.
- If a student needs to be transported to the hospital, an ambulance will be called.
- Police officers care first and foremost about your safety and are here for support in these difficult situations. Explain to the student that they are not in trouble.

*\*Question, Persuade, Refer (QPR) workshops are available to learn suicide warning signs, how to ask the suicide question, persuade a student to seek help, and how to refer them to services. Call the Counseling Center for more information.*