

Yellow (Level 1)

Checklist

If a student exhibits a noticeable change in behavior, complete the Yellow (Level 1) Checklist below. If you see a cluster of these behaviors which suggest a **major change in mood or functioning**, you might want to review the action steps.

Sadness or Depression

- Increased irritability
- Withdrawal from others
- Excessive sleep or little sleep
- Decreased sexual interest
- Cries easily
- Reduced motivation, concentration, sustained attention
- Loss of interest in activities that use to be enjoyed
- Loss of energy
- Feelings of intense despair/hopelessness
- Thoughts of death/dying

High Risk / Impulsive Behaviors

- Uncharacteristically happy or angry
- Feelings of invincibility or grandiosity
- Increased use of alcohol and/or other drugs
- Legal problems: DWI, MIP, speeding
- Wild spending, reckless driving, unsafe
- Impulsive moves or travel
- Decreased need for sleep
- Racing thoughts; rapid speech

Eating Disorders

- Restricting amount of food consumed
- Bingeing/purging
- Marked loss of weight
- Excessive exercise

Significant Losses

- Death of family/friend
- Fired from job
- Break-up
- Academic failure

Decline in Performance

- Late or lack of attendance at class or practice
- Difficulties in work environment
- Falling behind in academic assignments

Interpersonal Problems

- Increased conflict in relationships
- Increased defensiveness

Actions

1. Consult with **Supervisor, Department Chair or Dean** regarding referring student for care, and what the care options might be.

To review options for care, contact:

Counseling & Therapy Services
Harry C. Linneman, Ph.D., Director
UNM Student Health Center
Mon–Fri, 8 am–5 pm
On-Call Therapist: 277-4537

2. Document and date your actions.

Orange (Level 2)

Checklist

If a student tells you or another that he/she is having **thoughts of killing self or others**, complete the Orange (Level 2) Checklist below. If you see a cluster of these warnings alone or accompanied with the warnings listed in Yellow (Level 1), move to Actions.

Student makes statements about harming self/others:

- "I can't go on any longer"
- "I need to go to sleep and not wake up"
- "Sometimes I think I should take them all out"
- "They won't have me to make fun of anymore"
- "I am of no use to anyone anymore"

Strange or Worrisome Behavior

- Cutting/burning body w/o intent to die
- Giving away valued possessions
- Putting affairs in order
- Uncharacteristic anger outbursts
- Increasing substance use/dependence
- Paranoid behavior
- Writings (essays, poems, etc.) referencing suicide or violence toward others
- Increasing preoccupation with firearms or violence
- Disorientation, i.e., inability to distinguish reality from delusion
- Student calls, e-mails, or connects with you at an odd time or place
- Student seems excessively preoccupied with recent incidents of high-profile suicide or mass violence
- Student describes "no-win" life situation(s) or dilemma(s)

High Risk History

- Knowledge that student has made previous suicidal gestures/attempts to kill self
- Knowledge that friends (peers) or family members of the person have expressed concern or worry about the student
- Knowledge that student has a history of violent behavior.
- Knowledge that the student has had a recent break-up with a significant other

Actions

1. Consult with **Supervisor, Department Chair or Dean.**

At this level, evaluation cannot be mandated, but referring a student for evaluation is considered critical. If possible, have student make the appointment in your presence, and accompany the student to the initial appointment.

To review options for care, contact:

Counseling & Therapy Services
Harry C. Linneman, Ph.D., Director
UNM Student Health Center
Mon–Fri, 8 am–5 pm
On-Call Therapist: 277-4537

2. Consider calling parents to inform them of actions. Recommend immediate contact with son/daughter.
3. Inform Dean of Students: 277-6448
4. Document and date your actions.

Red (Level 3)

Checklist

If a student gives **direct statements of intent to kill self or others**, complete the Red (Level 3) Checklist below. If a direct threat or cluster of behaviors is evident, go to Actions.

Threat, Plan and Means:

- ___ Student makes direct verbal or written threat of suicide or homicide
- ___ Student has a specific plan to kill/self others
- ___ Student has availability of means or expresses intent to get means, for example:
 - ___ Ropes, belts (for hanging)
 - ___ Guns
 - ___ Pills/chemicals (e.g., Tylenol, combinations of tranquilizers and alcohol, antifreeze, narcotics, poisons)
 - ___ Vehicle (When part of threatened behavior)
 - ___ Explosives

- ___ Student's behavior is very irrational or disturbingly calm and rational

Actions

1. Get student evaluated immediately by a mental health professional.
 - a. If student agrees to go voluntarily, call for non-emergency transport (761-8205 or 761-8200) to:

Psychiatric Emergency Service
University Psychiatric Center
2600 Marble Ave.
Phone: 272-2920

OR

Kaseman Presbyterian Behavioral Health
8300 Constitution NE
Phone: 291-2121

OR

Lovelace Medical Center Downtown
601 Martin Luther King Blvd. NE
Phone: 727-8855
 - b. If student refuses to go voluntarily, call 911 for Campus Police OR Albuquerque Police.
 - c. **Do not attempt to transport the suicidal student yourself; use the above options.**
2. Call parents immediately. Tell them they need to come ASAP and that their son/daughter is on his/her way to _____ (health facility). Turn primary responsibility for student over to the family ASAP.
3. Inform Dean of Students: 277-6448.
4. Document and date your actions.

Crisis Intervention/ Suicide Prevention

Counseling & Therapy Services

UNM Student Health Center

277-4537

<http://www.unm.edu/~shc1>

