

## Level 1

### Checklist

If a student exhibits a **noticeable change in behavior**, complete the Level 1 Checklist below. If you see a cluster of these behaviors which suggest a **major change in mood or functioning**, you should review the action steps and consult with the appropriate entities.

#### Decline in Performance

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

#### 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

#### 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 Services**

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

2. Document and date your actions.

## Level 2

### Checklist

If a student tells you or another that he/she is having **thoughts of killing self or others**, complete the Level 2 Checklist below. If you see a cluster of these warnings alone or accompanied with the warnings listed in 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. To consult regarding options for intervention and care, contact:

#### **Counseling Services**

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

2. 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.

3. Inform Dean of Students: 277-6448

4. Document and date your actions.

**Checklist**

If a student gives **direct statements of intent to kill self or others**, complete the 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
  - 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. Inform Dean of Students: 277-6448.
3. If the nature or severity of the threat is ambiguous or unclear, consult with:
 

**Counseling Services**  
Harry C. Linneman, Ph.D., Director  
UNM Student Health & Counseling (SHAC)  
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On-Call Therapist: 277-4537

However, if the student appears to be a clear and immediate danger, a call to 911 should be placed before a consultation is requested.
4. Document and date your actions.



# Crisis Intervention/ Suicide Prevention

**Counseling Services**  
Student Health & Counseling (SHAC)  
(505) 277-4537  
shac.unm.edu

Revised 08/02/2010; M:\Brochures\Counseling\crisis prevention.doc



This brochure is provided to help University Community members decide if a student's behavior should cause concern about his or her emotional state or safety. The information included here should not be considered a substitute for professional evaluation or consultation.