

**Responding to Students  
Expressing Clear and Imminent  
DANGER TO SELF**

**Examples**

- A student with a knife threatening to kill herself
- A student sends an e-mail stating an intention to kill himself with a clear plan

**Intervention**

1. Call the police — 911
2. Notify supervisor/department head
3. Contact CATS (277-4537) to consult about a plan to respond

**DO...**

stay calm, acknowledge feelings, take statements seriously, be direct, be available, encourage discussion, contact CATS or police

**DO NOT...**

minimize, over commit, ignore the student, try to solve the problem, be afraid of the student

The University of New Mexico  
**Counseling & Therapy Services (CATS)**  
(505) 277-4537 • [www.unm.edu/~shc1](http://www.unm.edu/~shc1)

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**Responding to Students  
Expressing an  
Ambiguous Danger**

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**Examples**

- A student sends an e-mail indicating life isn't worth living
- A student confides she has fantasies about killing herself
- A student describes suicidal thoughts in a class assignment

**Intervention**

M-F, 8 am-5 pm; T, 9 am-5 pm

1. Contact CATS (277-4537) for options
  - Process discussion with student
  - Encourage CATS contact
  - Consider police welfare check
  - Involve other campus units

2. Notify supervisor/department head

After Hours/Weekends

1. Call the police — 911
  2. Call UNM Psychiatric Emergency Service (505) 272-2920
  3. Notify supervisor/department head
  4. Wait to call CATS during office hours
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