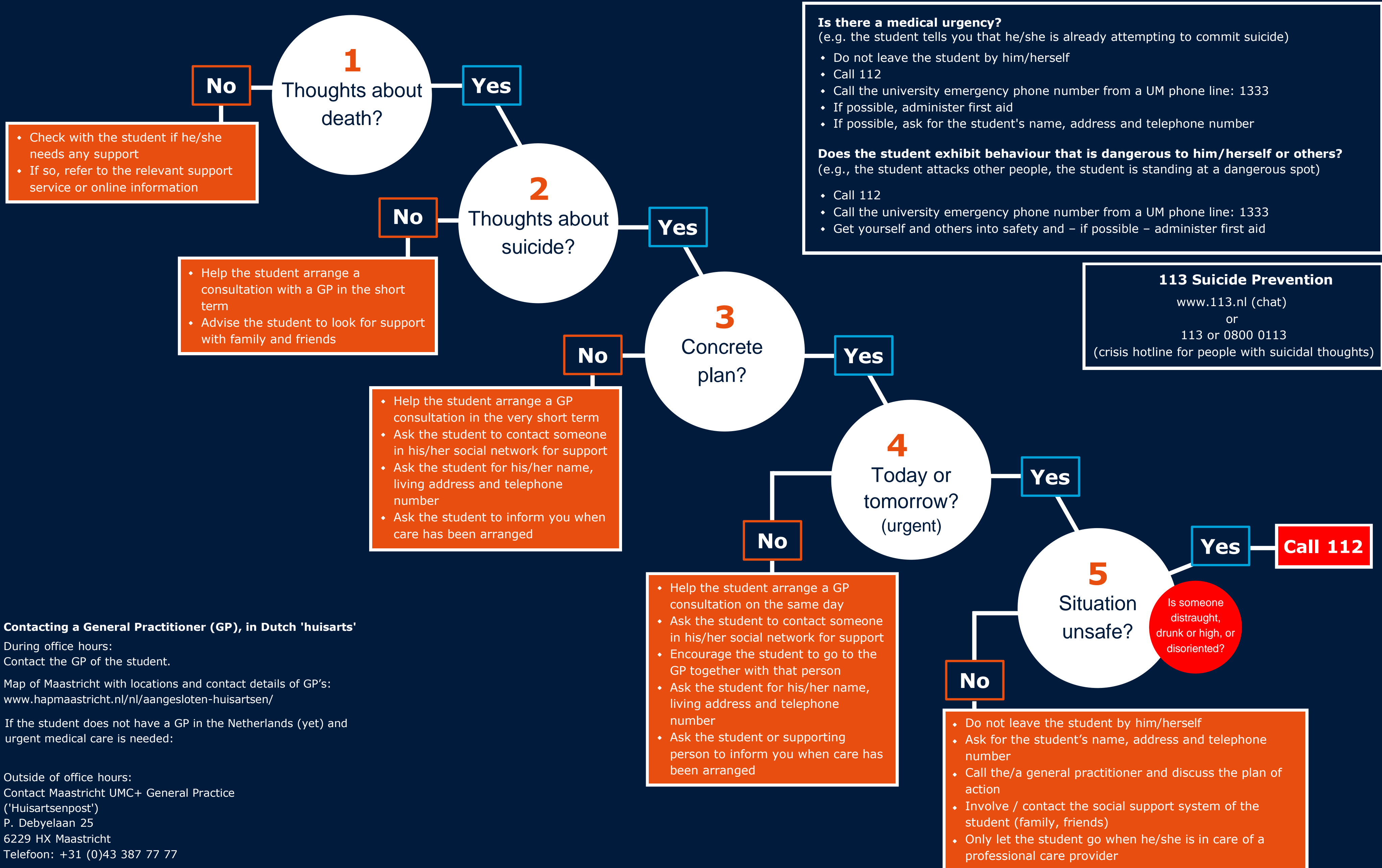


# Signalisation Chart Suicide Prevention Maastricht University (UM)

5 questions to guide a student to the appropriate care



**Is there a medical urgency?**  
(e.g. the student tells you that he/she is already attempting to commit suicide)

- Do not leave the student by him/herself
- Call 112
- Call the university emergency phone number from a UM phone line: 1333
- If possible, administer first aid
- If possible, ask for the student's name, address and telephone number

**Does the student exhibit behaviour that is dangerous to him/herself or others?**  
(e.g., the student attacks other people, the student is standing at a dangerous spot)

- Call 112
- Call the university emergency phone number from a UM phone line: 1333
- Get yourself and others into safety and – if possible – administer first aid

**113 Suicide Prevention**  
www.113.nl (chat)  
or  
113 or 0800 0113  
(crisis hotline for people with suicidal thoughts)

**Contacting a General Practitioner (GP), in Dutch 'huisarts'**

During office hours:  
Contact the GP of the student.

Map of Maastricht with locations and contact details of GP's:  
www.hapmaastricht.nl/nl/aangesloten-huisartsen/

If the student does not have a GP in the Netherlands (yet) and urgent medical care is needed:

Outside of office hours:  
Contact Maastricht UMC+ General Practice ('Huisartsenpost')  
P. Debyelaan 25  
6229 HX Maastricht  
Telefoon: +31 (0)43 387 77 77

This chart is based on the 'Signaleringskaart zelfmoordpreventie voor het onderwijs' from 113 Suicide Prevention.