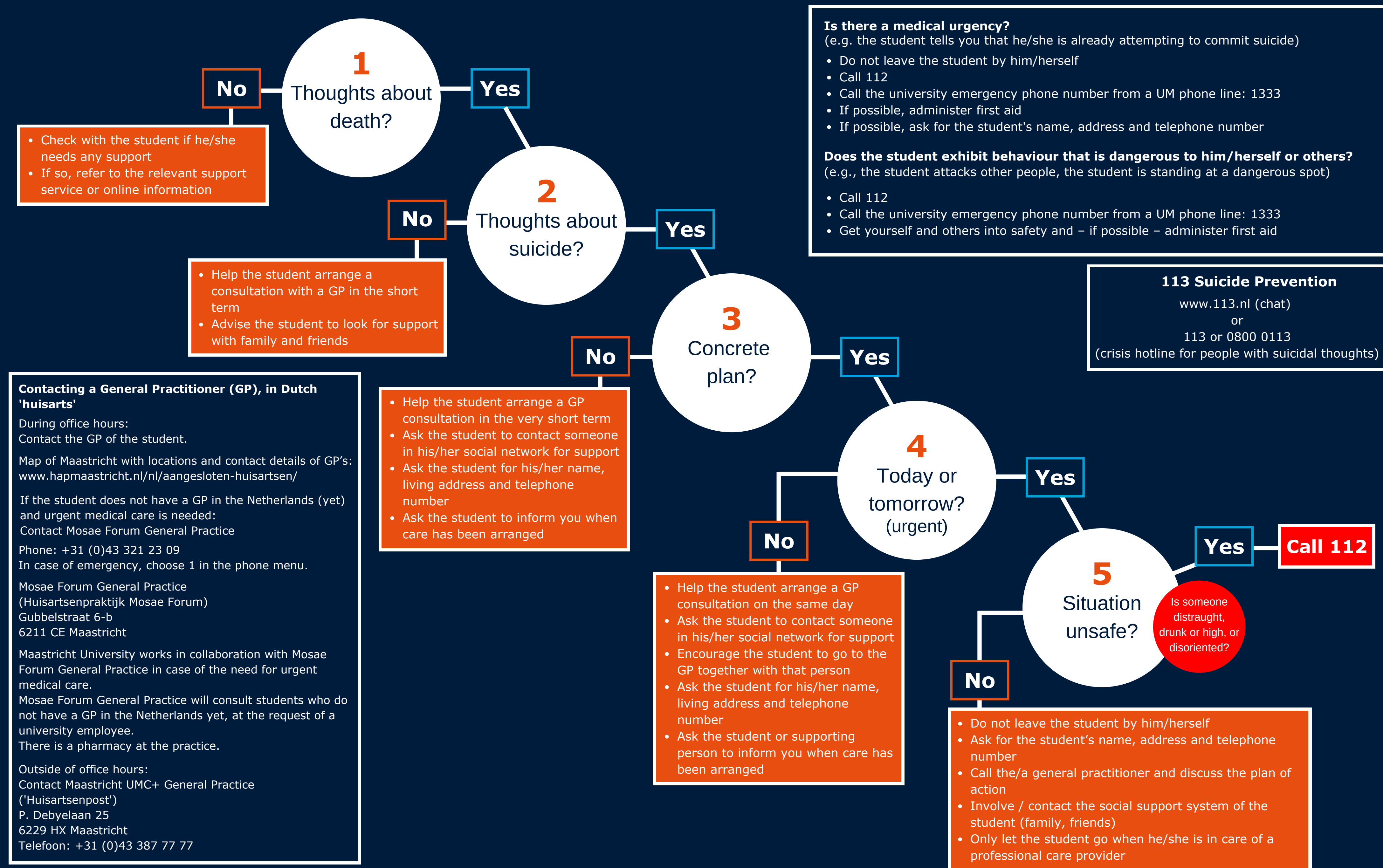


# Signalisation Chart Suicide Prevention Maastricht University (UM)

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/](http://www.hapmaastricht.nl/nl/aangesloten-huisartsen/)

If the student does not have a GP in the Netherlands (yet) and urgent medical care is needed:  
 Contact Mosae Forum General Practice  
 Phone: +31 (0)43 321 23 09  
 In case of emergency, choose 1 in the phone menu.

Mosae Forum General Practice  
 (Huisartsenpraktijk Mosae Forum)  
 Gubbelstraat 6-b  
 6211 CE Maastricht

Maastricht University works in collaboration with Mosae Forum General Practice in case of the need for urgent medical care.  
 Mosae Forum General Practice will consult students who do not have a GP in the Netherlands yet, at the request of a university employee.  
 There is a pharmacy at the practice.

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

• Help the student arrange a GP consultation in the very short term

• Ask the student to contact someone in his/her social network for support

• Ask the student for his/her name, living address and telephone number

• Ask the student to inform you when care has been arranged

• Help the student arrange a GP consultation on the same day

• Ask the student to contact someone in his/her social network for support

• Encourage the student to go to the GP together with that person

• Ask the student for his/her name, living address and telephone number

• Ask the student or supporting person to inform you when care has been arranged

• Do not leave the student by him/herself

• Ask for the student's name, address and telephone number

• Call the/a general practitioner and discuss the plan of action

• Involve / contact the social support system of the student (family, friends)

• Only let the student go when he/she is in care of a professional care provider

This chart is based on the 'Signaleringskaart zelfmoordpreventie voor het onderwijs' from 113 Suicide Prevention. With thanks to Mosae Forum General Practice for their collaboration in suicide prevention.