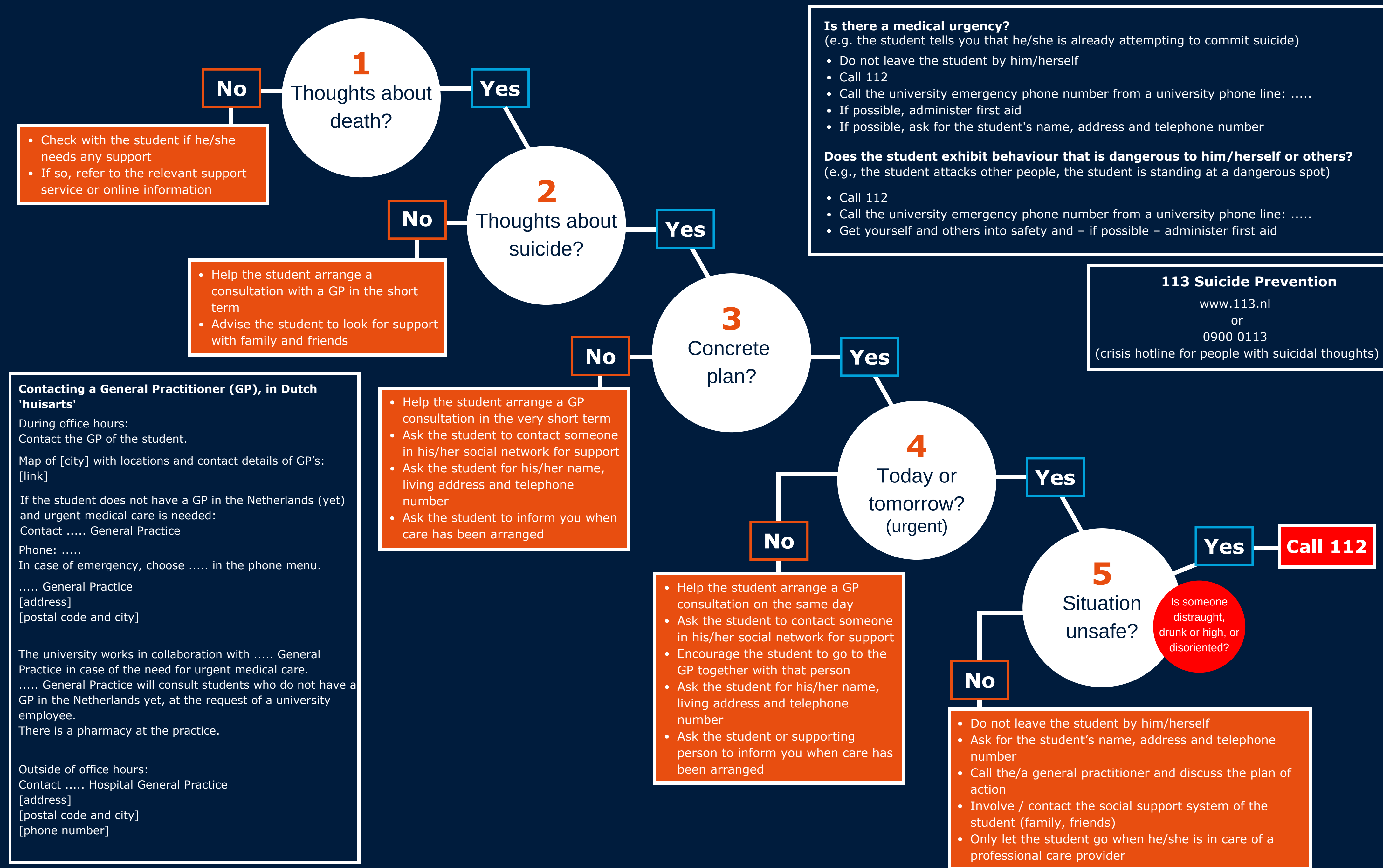


# Signalisation Chart Suicide Prevention Maastricht University (UM)

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 university phone line: .....
- 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 university phone line: .....
- Get yourself and others into safety and – if possible – administer first aid

**113 Suicide Prevention**  
 www.113.nl  
 or  
 0900 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 [city] with locations and contact details of GP's: [link]

If the student does not have a GP in the Netherlands (yet) and urgent medical care is needed:  
 Contact ..... General Practice  
 Phone: .....  
 In case of emergency, choose ..... in the phone menu.  
 ..... General Practice  
 [address]  
 [postal code and city]

The university works in collaboration with ..... General Practice in case of the need for urgent medical care.  
 ..... 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 ..... Hospital General Practice  
 [address]  
 [postal code and city]  
 [phone number]

• 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 ..... General Practice for their collaboration in suicide prevention.