Referral Contact List (continue moving down the list until you’ve made direct contact to provide further assessment for the student):

1. Contact Name, phone number
2. Contact name, phone number
3. Contact name, phone number
4. Contact name, phone number
5. Contact name, phone number
6. Contact name, phone number
7. Contact name, phone number
8. Contact name, phone number
9. Contact name, phone number
10. Contact name, phone number

**Referral and Support:**

**Don’t leave the student alone at any time.** As soon as possible, either walk the student up to the counseling office or contact the following individuals (see list). No matter what time of day it is, **you are required to immediately ensure the student is connected to further support following district protocol.**

* **Are you thinking about suicide?**
	+ Asking someone “Are you thinking about suicide?” will not put thoughts of suicide in his or her mind. In fact, asking this direct question is important.
* **Do you have a plan? Have you thought about how you might do this?**
	+ This will help identify further information to assist with the risk assessment later.

**Questions to Ask:**

* Talking about or making plans for suicide.
* Expressing hopelessness about the future.
* Displaying severe/overwhelming emotional pain or distress.
* Showing worrisome behavioral cues or marked changes in behavior, particularly in the presence of the warning signs above. *Specifically, this includes significant:*
	+ Withdrawal from or changing in social connections/situations
	+ Changes in sleep (increased or decreased)
	+ Anger or hostility that seems out of character or out of context
	+ Recent increased agitation or irritability

**Warning Signs:**

Warning signs are indications that someone may be in danger of suicide, either immediately or in the near future. ***Most people show one or more warning signs,*** *so it is important to know the signs and take them seriously* ***especially if a behavior is new or has increased and if it seems related to a painful event, loss, or change.*** (www.youthsuicidewarningsigns.org)