

# Helping a Suicidal Student

## IF YOU ARE CONCERNED ABOUT A STUDENT, TALK WITH THEM PRIVATELY

Ask directly about suicide, calmly and without judgement. You can ask, “Are you thinking of killing yourself?” Show understanding and take their concerns seriously.

## ASK IF THEY PLAN TO ACT ON THESE THOUGHTS

- If they have thoughts but no plan, encourage them to connect with Counseling Services
- If a student says they have a plan to kill themselves, or cannot commit to safety, follow the steps below

## FIND OUT THE STUDENT’S CURRENT LOCATION

This information is necessary if you learn they are in imminent danger and need to send emergency responders to their location.

## ENCOURAGE THE STUDENT TO CALL COUNSELING SERVICES ([click for more info](#))

- Business Hours/M – F, 8:30 am – 5 pm: 864-503-5195, Option #1
- After-Hours Crisis Line: 864-503-5195, Option #2 (you may also call to get guidance on how to proceed)

## IF THEY DO NOT AGREE TO CALL COUNSELING SERVICES, YOU WILL NEED TO SEEK HELP INDEPENDENTLY

If you have their address:

- Call 911 or call the SC Department of Mental Health Community Crisis Response & Intervention Team (833-364-2274)

If you do not have their address:

- Call USC Upstate Campus Police (864-503-7777) or call Counseling Services (864-503-5195). They will try to obtain an address and initiate a wellness check.

## COMPLETE AN RU OK? FORM ([click for form](#))

Completing this form, regardless of the outcome of a situation, is essential to secure after-care for the student from the USC Upstate CARE team.

For more information, call Counseling Services at 864-503-5195.

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