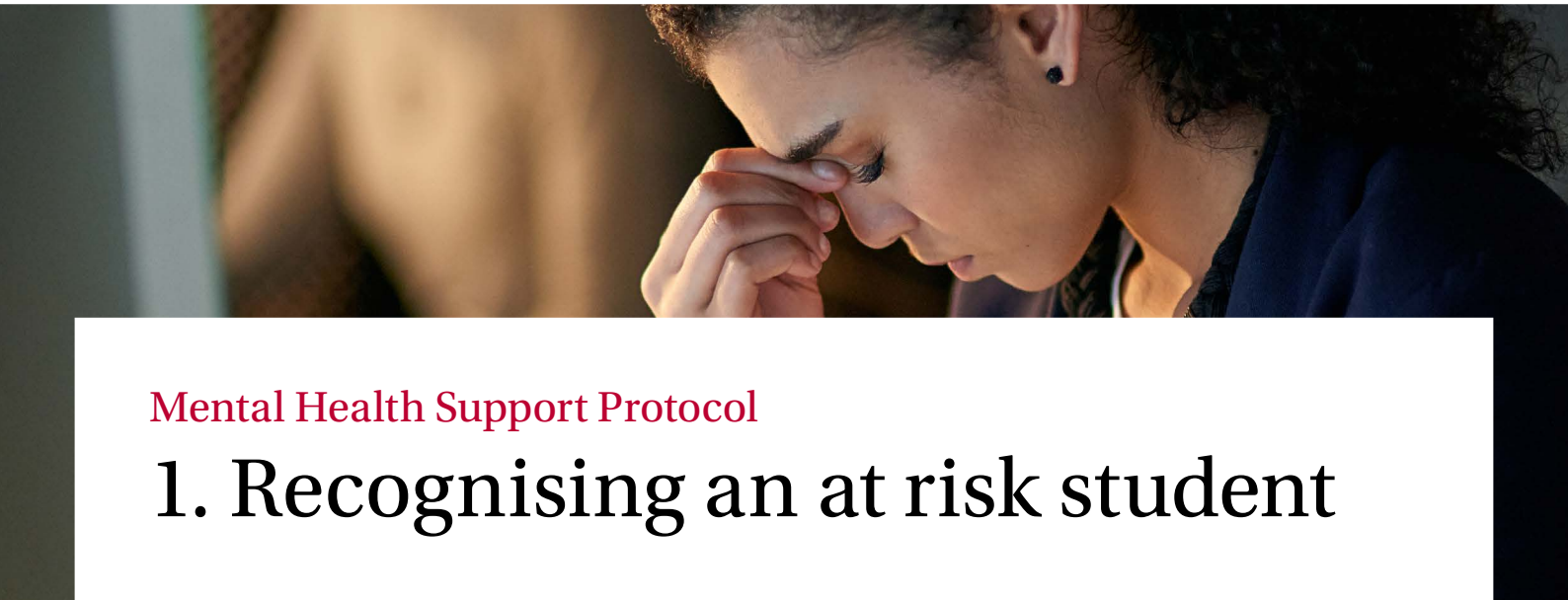




Mental Health Support Protocol

1. Recognising an at risk student

Risk factors

- Pressure to perform
- Loneliness, social isolation
- Misuse and abuse of alcohol or drugs
- Low self-esteem
- Post-traumatic stress
- Major life event

Warning signs

- Your gut feeling
- Depressed
- Distant
- Withdrawing
- Going quiet
- Changes in behavior
- No longer attending class
- Earning lower marks
- Trouble functioning
- Pale and unkempt appearance

Risk Level		Referral
Low	Feeling depressed, down or anxious, no suicidal thoughts	Option preferred by student
Moderate	Passing thoughts about death or suicide, no clear plans or preparation	Option preferred by student
Severe	Constant thoughts and mental images of suicide, feelings of hopelessness, has a clear plan, may have made preparations, thinks that it is better for others if he/she is gone, (mentally) composes farewell letters	General Practitioner or 113.nl
Acute	Acutely suicidal, profound feelings of hopelessness, no regard for consequences for others, has a clear plan (possibly already rehearsed), an impulse-driven breakdown could lead to suicide at any moment	Call 112



Mental Health Support Protocol

2. Helping an at risk student

1

Get the support you need

- Reach out to a colleague or outside professional to discuss your concerns about a student and think through next steps
- Keep in mind that you are always justified in seeking help for a student at risk of suicide, even without their consent

2

Talk to the student

- If you are worried about a student, initiate a conversation
- Ask questions such as 'How are you doing?', 'How are things going with your studies?' and 'I have the feeling that you're not doing very well. Is that right?'
- Name the warning signs that you have observed

3

Assess the severity of the problem

- Continue asking follow up questions based on the student's responses
- If you think the student may be at risk and if you are comfortable doing so, explicitly ask whether the student has thoughts of suicide
- Gather enough information so that you can refer the student appropriately
- While this may feel uncomfortable, even intrusive, in our experience students appreciate the opportunity to talk openly about their mental health struggles

4

Refer the student as appropriate

- *Low to moderate risk:* refer the student to the option they are most comfortable with, either their General Practitioner or one of the supports listed below
- *Severe risk:* refer the student to their General Practitioner or 113.nl
- *Acute risk:* call 112

5

Stay engaged

- Follow up with a face-to-face talk, phone call, text message or e-mail
- Ask the student how they are doing and whether they got in touch with the support resource

6

Take care of yourself

- Talking about mental health struggles and suicide with a student is intense so be sure to reach out to others to debrief and take care of yourself too

Mental Health Support Protocol

3. Referring an at risk student

For students (to access support)	For lecturers (to consult or debrief)
 EB Study Advisers ↗ EB Studieadviseurs ↗	 studyadvice-feb@uva.nl ↗ Weekdays 9:00 – 17:00
 UvA Psychologists ↗ UvA Psychologen ↗	 studentenpsychologen@uva.nl ↗ Weekdays 9:00 – 17:00
 UvA General Practitioners Practice ↗ UvA Huisartsenpraktijk ↗	 +31 (0)20 525 2889 Weekdays 9:00 – 17:00
 Chat (via the website from any country) 113 Suicide Prevention ↗ 113 Zelfmoord Preventie ↗	 +31 (0)20 311 3888 Weekdays 10:00 – 16:00 Suicide prevention consult line (in Dutch) ↗
 Call (only from within the Netherlands) 0800-0113 (free)	

Created March 2021 by the Study Advisers Economics and Business

Adapted for UvA Economics & Business from the following sources:

- Suicide prevention protocol provided by the UvA General Practitioners Practice and AUAS (in Dutch) [↗](#)
- Gatekeeper Training Programme by the Amsterdam Municipal Health Service (GGD, in Dutch) [↗](#)