



LBUSD's 8 Action Steps for Helping Students Remotely in Emotional Pain - For Counselors, Psychologist & Nurses

1. **Ask:** "Are you thinking about suicide or killing yourself now?" (This will not put the idea into their head or make it more likely that they will attempt suicide.) **Complete a modified suicide assessment.** The modified assessment and appropriate stems can be found [here](#). The most pertinent questions are:
 - a. Where are you right now (obtain address if possible)? What is the name of an adult that is currently with you? What is their phone number?
 - b. On a scale from 1-10, how likely are you to die by suicide in the next 24 hours?
 - c. Have you thought about how you would kill yourself? If so, how would you do it?
 - d. Do you have access to guns, medications, weapons, ropes or other dangerous objects?
2. **Listen:** Listen to the student without judging and show you care. Connection is important.
3. **Take action for moderate and high risk students:**
 - a. **Immediate danger to self:** Call 911, if danger for self-harm seems imminent.
 - b. **High Risk: (i.e. the student is at high risk and seems calm and compliant),** speak with the parent/guardian to ensure that the student is safe. Contact the Psychiatric Mobile Response Team (PMRT) 1-800-854-7771. Provide student location and phone number. PMRT will decide how to respond.
 - c. **High Risk and current danger to self: (i.e., the student is high risk and agitated or out of control)** Contact the Long Beach Mental Evaluation Team (MET) - (562) 435-6711 or your local law enforcement agency. Provide student location and phone number. MET or your local law enforcement agency will decide how to respond.
 - d. If the PMRT, MET or your local law enforcement agency cannot be reached, call 911.
 - e. **Low/Moderate risk:** Speak with parents, provide support plan & crisis phone numbers.
4. **Provide resources to help the student connect:** Student and parent/guardian can call SAMHSA's National Suicide Prevention Lifeline at 1-800-273-TALK (8255), the National Suicide Prevention Lifeline at: 1-800-273-8255, Teen Line at: (310) 855-HOPE.
5. **Stay connected:** Call the parent/guardian one to two days after the crisis or after the student has been discharged from care.
6. **Inform:** Make your administrator aware of your actions.
7. **Document:** Place your intervention in Synergy (Student Conference Screen; Description - Suicide Prevention/Intervention Tab).
8. **Send:** Mail a copy of the Modified Suicide Assessment form via District or regular mail to Dr. Erin M. Simon (Director of Student Support Services – Tucker Administrative Offices) within one week of completion. **Send** Dr. Erin M. Simon an e-mail within 24 hours of completing the modified suicide assessment. The email should state: Who you are; if you called PMRT, 911, MET or your local enforcement agency; and your best contact number. (Do not attach the assessment or provide the student's name)