

After School Hours Mental Health Crisis Protocols

If a student or staff member is having a mental health crisis including suicidal ideation, self harm or concerning behaviors follow the guidelines below:

1. Ask the person directly if they are having thoughts about suicide, self harm or safety
 - a. Ask: Are you having thoughts of suicide?
 - b. Listen to their concerns
 - c. Ask: Who is a trusted adult?
 - d. Offer support and let them know you will help them
 - e. Contact SafeUT or call 988 to access a mental health professional at Huntsman Mental Institute who can screen further
2. Contact parent/emergency contact about the concern and ask that they pick up their student. **Do not leave the person alone or out of your sight. You must stay with the person until they are released to a parent/emergency contact, or an administrator if a parent/emergency contact cannot be reached.**
3. Call and notify an administrator after trying to contact parent/emergency contact and when the person has been picked up by parent/emergency contact.
 - a. Identify student or staff member
 - b. Summarize situation
 - c. Administrator or AD will contact the student's counselor or social worker for follow-up on the next school day.
 - d. Administrator will follow up with staff.
4. Offer resources:
 - a. Use the resources on the suicide prevention pamphlet ([link](#))
 - b. Safe UT crisis line: 833-372-3388
 - c. 988
 - d. U of U warmline 801-587-1055 8 a.m.- 11 p.m.
 - e. LiveOn Utah website <https://liveonutah.org/>
5. Follow up: check in with student/staff member and see if they have connected with school counselor, social worker, school psychologist or outside mental health provider, if staff

Resources:

Students: <https://www.graniteschools.org/psp/student-self-care-fair/>

Staff: <https://drive.google.com/file/d/1k2lpgTSBeyyagH9wXWSfkvWZfgR5UqN1/view?usp=sharing>

Self: <https://healthcare.utah.edu/hmhi/programs/crisis-diversion/>

