

**Table 2: Management of young people at risk of suicide**

ACTION	LOW RISK	MODERATE RISK	HIGH RISK
<b>Immediate intervention</b>	<ul style="list-style-type: none"> <li>● Establish an appropriate regime to monitor the young person's suicide risk</li> <li>● Check on family and other support available and, as appropriate, involve them</li> <li>● Consider advising the principal</li> </ul>	<ul style="list-style-type: none"> <li>● Take a team approach to ensure the safety of the student while at school</li> <li>● Principal or counsellor to inform the parents/whanau/caregivers as appropriate and discuss strategies appropriate to the level of risk</li> <li>● Establish an appropriate regime to monitor the young person's suicide risk</li> <li>● Arrange for the young person to get access to the appropriate level of counselling/treatment</li> </ul>	<ul style="list-style-type: none"> <li>● Consult with the principal who will then inform the appropriate staff to minimise any immediate risk</li> <li>● Principal to inform the parents/whanau/caregivers of the risk and proposed management as appropriate</li> <li>● Counsellor to pay attention to the young person's immediate safety, arrange for any hand over of responsibility (including informing parents of safety precautions) to parents or a health professional</li> </ul>
<b>Consultation</b>	<ul style="list-style-type: none"> <li>● Counsellor to consult with supervisor as necessary</li> <li>● Check if other services are involved and who has the responsibility for co-ordination</li> </ul>	<ul style="list-style-type: none"> <li>● Counsellor to consult with health professionals (GP, SES, mental health services) to discuss the actions required</li> <li>● Counsellor to consult with supervisor as necessary</li> <li>● Check if other services are involved and who has the responsibility for co-ordination</li> </ul>	<ul style="list-style-type: none"> <li>● Continue contact with the young person and their family/whanau/caregivers to facilitate a smooth return to normal involvement in the school</li> <li>● Consult with health professionals involved to ensure they know of the current level of risk, any behaviours evidenced in the school, and that the appropriate services are being accessed</li> <li>● Counsellor to consult with supervisor as necessary</li> </ul>
<b>Referral</b>	<ul style="list-style-type: none"> <li>● Provide information to the young person (and, as appropriate, the family) on resources available to assist them</li> </ul>	<ul style="list-style-type: none"> <li>● Recommend to the family appropriate agencies or other resources, and assist them in accessing the services</li> </ul>	<ul style="list-style-type: none"> <li>● Counsellor to make a referral to an appropriate health professional (GP, SES, mental health services) for further assessment and primary management</li> </ul>
<b>Follow up</b>	<ul style="list-style-type: none"> <li>● Regular review of the young person to identify any changes in risk</li> <li>● If there has been no improvement in 4-6 weeks then treat as if the risk were moderate and seek additional assistance</li> </ul>	<ul style="list-style-type: none"> <li>● Check outcome of any referral with the health professional and family</li> <li>● Monitor risk and behaviours within the school environment and take action as appropriate</li> <li>● Encourage all staff involved with the young person report all incidents which cause concern (risk factors: unexpected reduction in academic performance, ideas and themes of depression, death and suicide, changes in mood, grief, withdrawal, physical symptoms, high risk behaviours)</li> </ul>	<ul style="list-style-type: none"> <li>● Check outcome of any referral with the health professional and family</li> <li>● Encourage all staff involved with the young person to report all incidents which cause concern (risk factors: unexpected reduction in academic performance, ideas and themes of depression, death and suicide, changes in mood, grief, withdrawal, physical symptoms, high risk behaviours)</li> <li>● Liaise with family to ensure they have the support required and that the young person's environment is safe (ie removal of the means of suicide and close appropriate monitoring and support)</li> <li>● Prior to the student returning to school, plan reintegration and establish the necessary monitoring and support systems</li> </ul>
<b>ACTION</b>	<b>LOW RISK</b>	<b>MODERATE RISK</b>	<b>HIGH RISK</b>