



Northeastern Catholic District School Board

SUICIDE PREVENTION, INTERVENTION, AND POSTVENTION

APPLICATION AND SCOPE

Every day mental health and well-being promotion and practices are the foundation of suicide prevention. A holistic approach involves thinking beyond just the immediate goal of alleviating distress and working together to harness young people's hope, meaning, belonging and purpose.

There is recognition, however, that there may be children or youth who experience suicidal thoughts or engage in suicidal behaviour. This protocol aims to address the safety and well-being of children and youth in our Catholic school community who may be struggling with suicidal thoughts or actions by ensuring caring adults in our system respond in a consistent and planned approach should the need arise.

PROCESS

1.0 SUPPORTING RESOURCES

There are a series of quick reference documents, resources, and important information on protective and risk factors (invitations/warning signs) available:

- i)
- vii) Suicide Risk Management Review: Active Suicide Attempt (URGENT)
- viii) Suicide Risk Management Review: Potential Suicide Concern (AWARE)

2.0 SUICIDE INTERVENTION AND RISK MANAGEMENT: URGENT RESPONSE

- 2.1 An active attempt is an emergency that requires an immediate response. At no time should a student with suicidal behaviour be left unsupervised at school or released from school to go home alone.
- 2.2 In situations where there has been an active suicide attempt, guide student to another area if it is safe to do so or clear area of other students if more appropriate to the situation. Ensure safety of student, self, and bystanders. Get help from another caring adult as the situation requires.
- 2.3 Activate EMS by dialing 911. If alone, get help. A student should not be left unsupervised unless there is no other option available.

iii) A caring adult demonstrates interest and support and connects the student to safeTALK or ASIST trained school personnel. If no such staff is available, it is imperative that an adult remain with the student until further help and support is available and accessed (follow to step (vii) below).

iv) A trained staff member discusses the concerns openly and frankly with the student:
ASK: "Are you thinking about suicide?"
LISTEN: "Let's talk about this. I am listening."
KEEPSAFE: "Do you have a plan?"
CONNECT: "We need extra help."

If the student remains vague, uncooperative and/or discloses YES to having a suicidal plan, follow to step (vii) below.

v) If student indicates NO when asked frankly and directly if they are thinking about suicide and/or they



