Managing Suicidal Risks and Making Referrals

Counselling and Person Enrichment (CoPE)
Centre of Development and Resources for Students
The University of Hong Kong

10 March 2017
Managing Suicidal Risks

If a student is feeling suicidal,
- Stay calm as far as possible
- Make sure both you and the student are safe
- Take the student seriously and show your concerns
- Stay with the student or make sure he/she is with somebody
- Listen to the student about his/her distress and encourage the student to talk to you
- Ask directly if he/she has a plan or means to carry it out
- Make sure the student does not have ready access to self-harm resources; Remove harmful objects
- Contact a colleague who can assist and support you
- Consult with a mental health professional as needed. e.g. University Health Service; CEDARS-CoPE; hospital emergency
- If a student is trying to commit suicide or is in imminent danger, call the police
- Seek support for yourself after meeting with the student
Urgent Cases

Student in emotional distress

Is there imminent risk?

not sure

First, take prompt, assertive and necessary actions such as calling the Police (999) or the Security Control (3917-2882) or taking the student to Hospital Accident & Emergency, Hospital Authority

advise student to contact CEDARS-CoPE in person, by phone (3917-8388) or cedars-cope@hku.hk

OR

Facilitate student to contact CEDARS-CoPE (with student’s consent)

OR

Consult Duty Counsellor (3917-8388) for advice

Office Hour
Mon-Thurs 9 am - 5:45 pm
Fri 9 am - 6pm
Sat 9 am - 1 pm

Student will be invited to a 15-20 minute screening for risk assessment and appointment matching.

You can contact the Duty Counsellor (3917-8388) or the Director of CoPE (3917-8381) if it is within office hours

Decide if you want to consult or inform the Director of CoPE (3917-8381)

likely

Unlikely

yes
Non-Urgent Cases

Student in emotional distress

You think that this student needs professional counselling at CEDARS

Advise student to contact CEDARS-CoPE for a quick screening (call, email or go to the Centre directly for screening assessment)

Office Hour
Mon-Thurs 9 am - 5:45 pm
Fri 9 am – 6 pm
Sat 9 am - 1 pm

Drop-in Screening Sessions
(Mon-Fri 10 am to 5 pm)

You want to ensure that student gets an appointment, as you have some worries about him/her

Student agrees that you can liaise for him/her

You can consult the Duty Counsellor of CEDARS CoPE (3917-8388)

If appointment is arranged directly, you can inform the student. Otherwise, the Centre staff will inform student.

Student refuses to seek counselling, but you are worried about him/her

You can contact the Duty Counsellor for some advice without disclosing student's personal data

General advice on how to handle this type of situation, and what to watch out for
Counselling Service Flow

Room 301-323, Main Building

Tel 3917-8388

cedars-cope@hku.hk

15-20min Quick Screening
By Duty Counsellor
Risk assessment
Crisis counselling
Appointment-matching
First-come-first-served
(Mon-Fri 10am – 5pm)
Counselling Service provided by CEDARS-CoPE

• **Confidentiality and privacy are assured.**
  (Everything discussed between the student and the counsellor will not be disclosed to anyone, including you the referrer, the parents or university personnel/faculty, unless the student’s permission is obtained.)

• Voluntary

• Free of charge

• Seen by Professional Counsellors (Clinical Psychologist/ Social Worker/ Family Therapist/ Counsellor)

• **More information** on CEDARS-CoPE website
## Online/Hotline Services in Community (can be useful after-hours)

<table>
<thead>
<tr>
<th>Name of Organization</th>
<th>Tel</th>
<th>Language</th>
<th>Service Hours</th>
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<tbody>
<tr>
<td>Caritas Family Crisis Support Hotline</td>
<td>明愛向晴軒向晴熱線 18288</td>
<td>Cantonese</td>
<td>24 hours</td>
</tr>
<tr>
<td><strong>Hospital Authority Mental Health Direct</strong></td>
<td>醫院管理局精神健康專線 2466 7350</td>
<td>Cantonese/English</td>
<td>24 hours</td>
</tr>
<tr>
<td>The Samaritan Befrienders Hong Kong Hotline</td>
<td>香港撒瑪利亞防止自殺熱線 2389 2222</td>
<td>Cantonese</td>
<td>24 hours</td>
</tr>
<tr>
<td>The Samaritans</td>
<td>撒瑪利亞會 2896 0000</td>
<td>Cantonese/Putonghua/English</td>
<td>24 hours</td>
</tr>
<tr>
<td>Suicide Prevention Service</td>
<td>生命熱線 2382 0000</td>
<td>Cantonese</td>
<td>24 hours</td>
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<tr>
<td><strong>U-Line (for university students)</strong> Hong Kong Federation of Youth Groups</td>
<td>香港青年協會 2777-0309</td>
<td>Not specified</td>
<td>Mon-Sat 2pm -2am</td>
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<tr>
<td><strong>U-Portal, Facebook, Whatsapp (for university students)</strong> Hong Kong Federation of Youth Groups</td>
<td>香港青年協會 (Whatsapp) 6277-8899</td>
<td>Not specified</td>
<td>Mon-Sat 2pm -12am</td>
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