

For internal reference



# Managing Suicidal Risks and Making Referrals

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

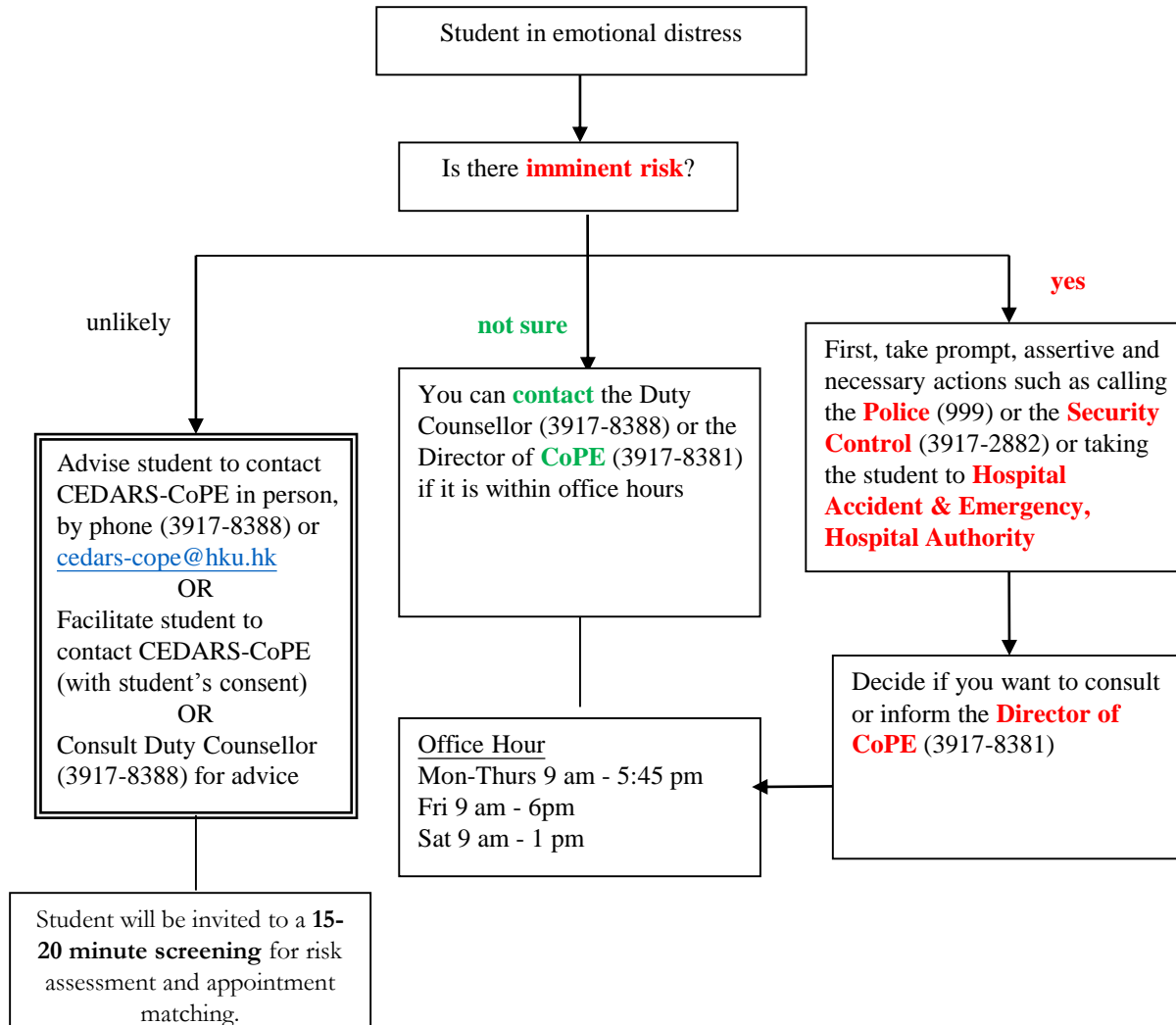
10 March 2017

# Managing Suicidal Risks

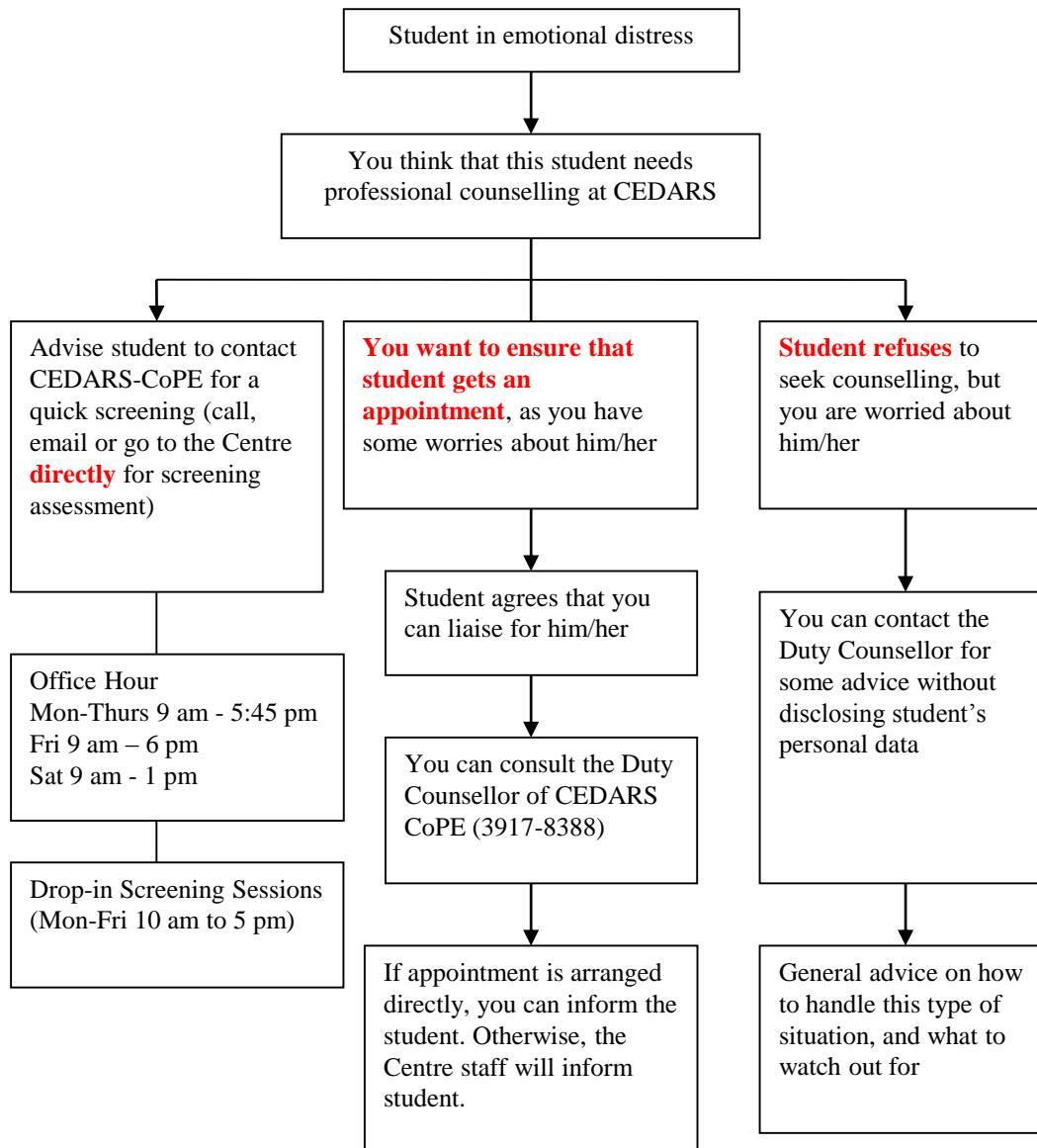
If a student is feeling suicidal,

- 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



# Non-Urgent Cases



# Counselling Service Flow



Room 301-323,  
Main Building



Tel 3917-8388



[cedars-cope@hku.hk](mailto: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**

# 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)

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