



dit students' union

DITSU Keep Safe Procedure

DIT Students' Union is committed to the protection of its members well being and the promotion of positive mental health. From time to time events arise where one of our students presents with thoughts and urges of suicidal behaviour.

The objective of this document is to provide a framework for good practice, when supporting students who may present/disclose experience of mental health difficulties and/or suicidal thoughts and intentions. This framework is intended to allow staff who have completed both the SafeTalk and ASIST Training to implement their knowledge with confidence.

How to Keep Them Safe:

The following outlines the basic “do’s and don’ts” of crisis intervention:

DO:

- Ask about suicide
- Do know the warning signs
- Act calm. Soothing tones of voice can make a difference
- Do try to be accepting and honest
- Do give them a sense of control. If they are able they should participate in the decision of getting help.
- Do seek the immediate support /advice of someone familiar with dealing with emotional crises with a view to getting an early professional opinion.

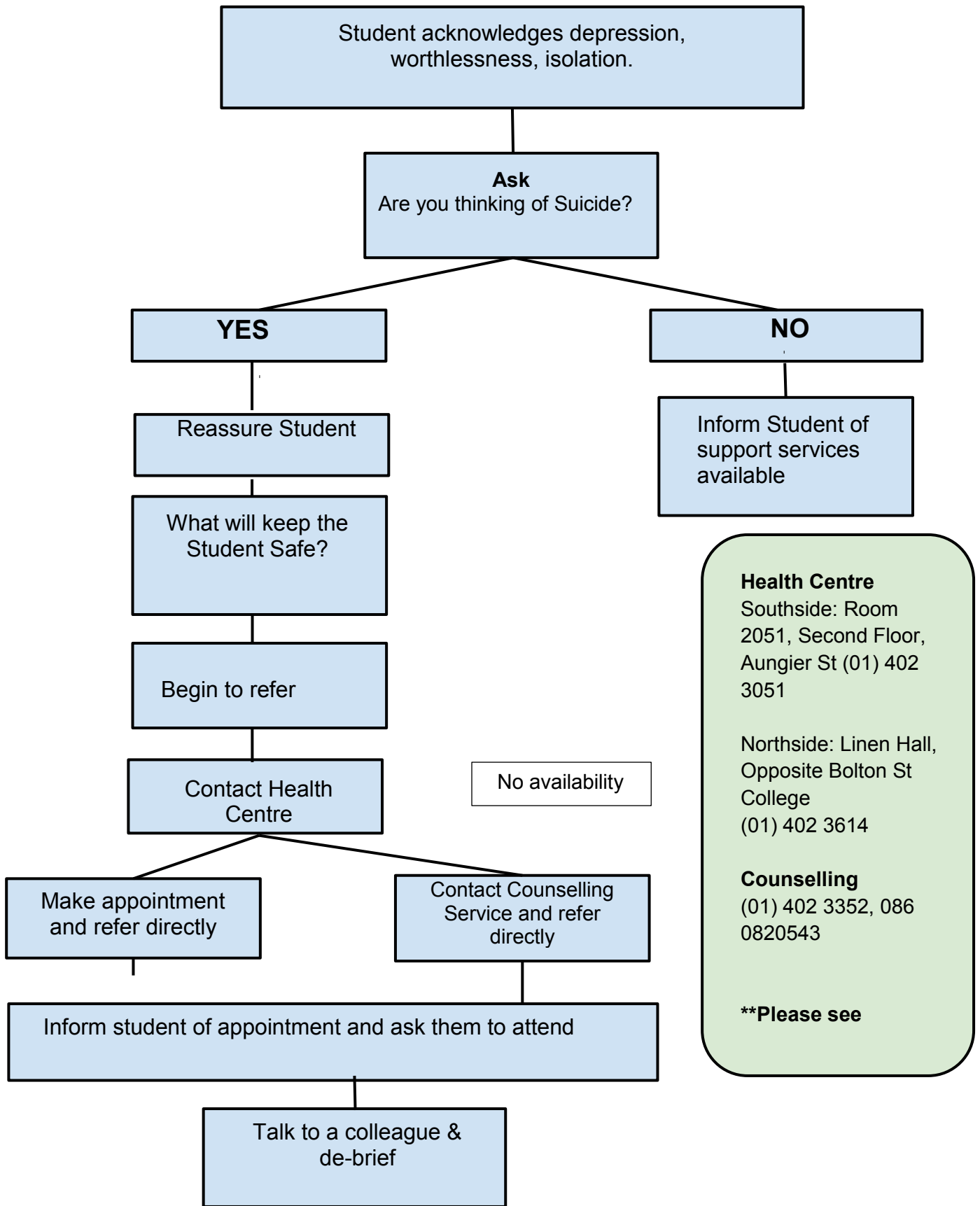
DO NOT:

- Don't panic
- Don't ignore the signals
- Don't promise secrecy
- Don't leave the person alone, if suicidal threat is immediate
- Don't discuss the morality of suicide
- Don't say that everything will be alright
- Don't DO NOTHING

Getting help:

Once you have spoken to the student in distress it is important to make a plan on how to ‘keep safe’.

Approved by the Board of DITSU Ltd on 22nd June 2016



Internal Supports

Health Centres:

Southside: Room 2051, Second Floor, Aungier Street. (01) 402 3051

Northside: Linen Hall, Opposite DIT Bolton St (01) 402 3614

Counselling - Reception (01) 402 3352, text to 086 0820543

Chaplaincy - Site specific information can be found here: <http://www.dit.ie/chaplaincy/contactus>

NB: If you are concerned that someone you know is considering suicide, act promptly. Don't assume that they will get better without help or that they will seek help on their own. Take immediate steps to obtain help and keep the person safe.

When assisting in keeping the student safe it is important to explain and agree the steps with the student. Identify if the individual is in immediate risk of causing harm to themselves. Listen to them and allow them to express how they are feeling. From there explore the options of keeping safe with them and refer appropriately.

Where you feel a person is in **immediate danger** or crisis contact your local Accident & Emergency Dept or dial 999. Do not leave the person alone.

Three Helpful Guidelines:

1. Ask – Ask the person about suicidal thoughts and plans. Contrary to popular myth, asking will not “get them thinking about it”. In fact, everything we know from research and practice suggests that asking will slightly reduce the risk – it is an essential first step toward getting necessary help.

2. Get help – often, especially after a crisis has passed, the first inclination is to “put it all behind us and move on”. However, steps must be taken to make “moving on” both possible and safe.

3. Do what you can do – Helping a suicidal person does not mean doing everything, or doing the perfect thing: it means doing what we can.

Warning Signs

- Talking about wanting to die or to kill themselves.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or isolating themselves.
- Displaying extreme mood swings.

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External Supports

Mental Health Ireland – 01 2841166 www.mentalhealthireland.ie

Mental Health Ireland aims to promote positive mental health and to actively support persons with a mental illness, their families and carers by identifying their needs and advocating their rights.

AWARE – 1890 303 302 www.aware.ie

Aware's mission is to create a society where people with depression and their families are understood and supported, are free from stigma and have access to a broad range of appropriate therapies to enable them to reach their full potential.

Shine - 1890 621 631 www.shineonline.ie

Shine is the national organisation dedicated to upholding the rights and addressing the needs of all those affected by enduring mental illness including, but not exclusively, schizophrenia, schizoaffective disorder and bipolar disorder.

GROW – 1890 474474 www.grow.ie

GROW is a mental health organisation which helps people who have suffered, or are suffering, from mental health problems.

TeenLine - 1800 833 634 www.teenline.ie

We are a national freephone helpline for young people in Ireland. We provide a confidential, secure, non judgmental listening service for young people to express their feelings.

Barnardos – 01-4732110 www.barnardos.ie

Our work is child-focused. We respond to the individual needs of each child and family, and aim to provide practical and professional supports to bring hope into situations where hope is sometimes lost. (10am – 12 noon with an out-of-hours facility to leave a message)

Samaritans – 08457 909090 (NI) or 116 123 (RoI) www.samaritans.org

Samaritans provides [confidential](#) non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

Bodywhys – 1890 200 444 www.bodywhys.ie

Bodywhys is the national voluntary organization dedicated to supporting the 200,000 people in Ireland affected by eating disorders

Spunout – www.spunout.ie

SpunOut.ie is an independent, youth powered national charity working to empower young people to create personal and social change.

Headstrong – www.headstrong.ie

We are working to change how Ireland thinks about young people's mental health through the Jigsaw Programme of service development, through Research and Advocacy.

National Office for Suicide Prevention – www.nosp.ie

Other online organisations include:

www.lgbt.ie

www.yourmentalhealth.ie

www.letsomeoneknow.ie

**Information was sourced for this document from a number of expert areas including:*

Irish Association of Suicidology

Livingworks

SeeChange

National Office for Suicide Prevention (NOSP)