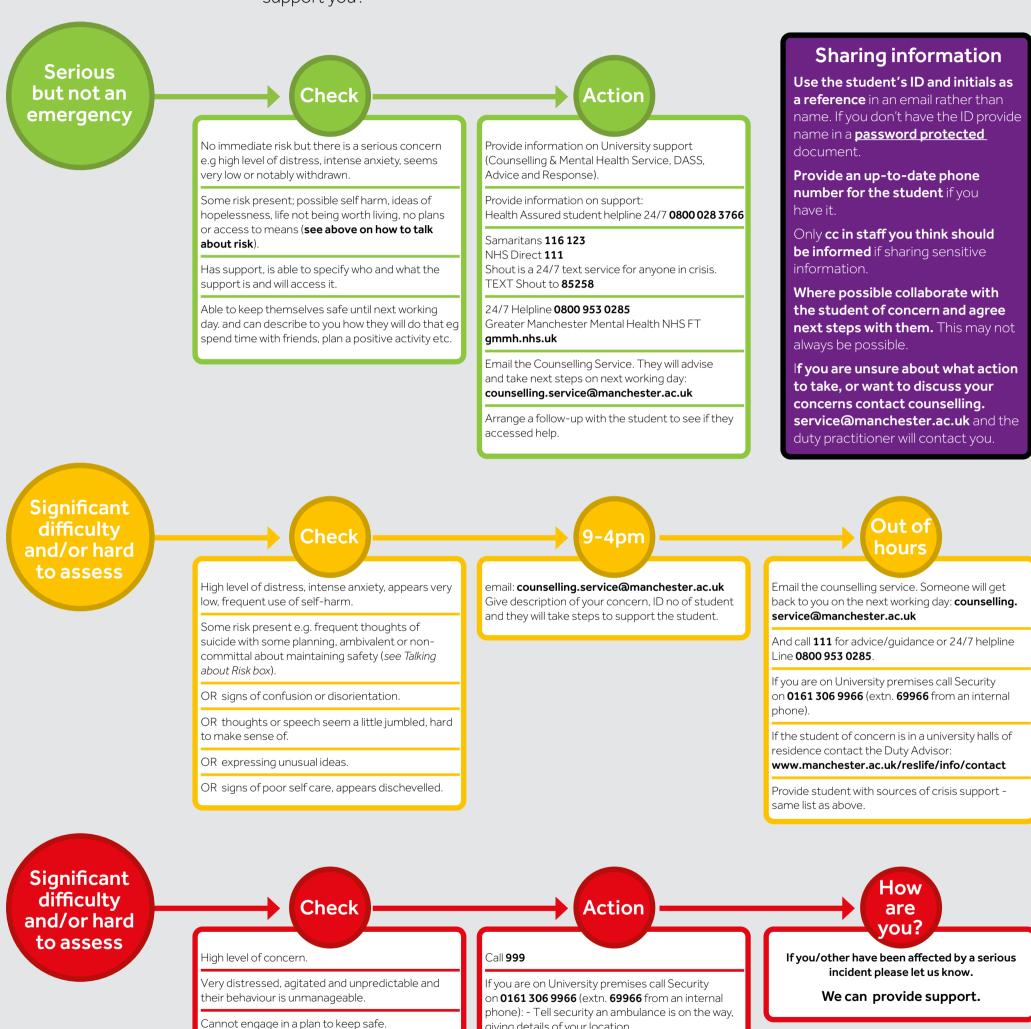


The University of Manchester

Talking about risk

If direct or indirect reference is made to risk it is important to ask explicit questions to establish nature and severity of the risk e.g. Are you having thoughts about ending your life /hurting someone else? Do you have thoughts about how you might act on this? Do you have access to the means? Do you feel you are at imminent risk of acting on these thoughts? Are you able to keep yourself safe until tomorrow?

What will help you keep yourself safe? Who else knows how you feel? Can we contact them to support you?



giving details of your location

wait with them until help arrives.

offered by the team.

If you are in a University Hall of Residence contact the Duty Advisor www.manchester.ac.uk/reslife/

Once help is on the way reassure the student and

When you are able to please email counselling. service@manchester.ac.uk Provide detail on what happened and along with the student's ID. Appropriate follow-up and support can then be

www.counsellingservice.manchester.ac.uk/trainingforstaff

Risk of immediate harm to self or others.

and serious attempt to self-injure.

OR serious physical injury or illness.

Has made a attempt to self-harm or end life e.g. has taken overdose, has made a deliberate