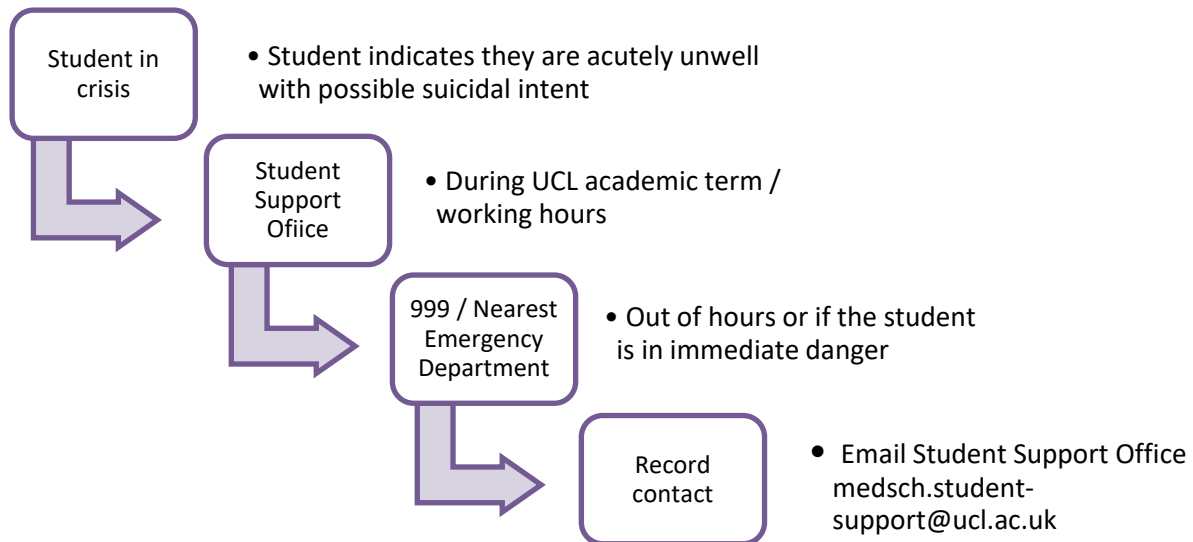


## ACTION CARD 1: STUDENT IN CRISIS

If you are very concerned about another student's wellbeing or safety please contact the Student Support Service, providing as much information as you can.



**Where a student is in immediate danger of hurting themselves or others, you should phone 999 or take them to the Accident and Emergency department**

Think COPE:

C is for caring

Ask more and do not be afraid that talking about the issue will put ideas into the person's mind. Encourage them to go with you to a comfortable and private environment to talk things over.

O is for optimistic

Most problems can be solved with time, care and expert help no matter how hopeless they might seem. However, do not let your optimism lead you to dismiss or make light of the person's concerns.

P is for practical

Do not leave a person expressing serious self-harming intent alone, especially if the means of self-harm are at hand. Involve others, using the emergency services if necessary.

E is for expert

Perhaps most importantly, seek an Expert - if the person is in immediate danger and refuses to involve anyone else, consider calling 999 yourself or at the very least getting in touch with Student Support for advice.