



Dr. N.G.P. ARTS AND SCIENCE COLLEGE

(An Autonomous Institution, Affiliated to Bharathiar University, Coimbatore)

Approved by Government of Tamil Nadu & Accredited by NAAC with 'A⁺⁺' Grade (3rd Cycle - 3.64 CGPA)

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STUDENT COUNSELLING CELL

SUICIDE RISK ASSESSMENT AND MANAGEMENT PROTOCOL

Prepared by
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Student Counsellor
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1. Purpose

This protocol outlines the structured approach followed by the Counselling Cell to identify, assess, and manage students exhibiting suicidal thoughts, behaviours, or tendencies. It ensures timely intervention, safety, confidentiality, and collaboration with relevant mental health professionals and authorities.

2. Objectives

- To detect early signs of suicidal ideation or self-harm among students.
- To assess the level of suicide risk through standardized methods.
- To manage crises effectively through appropriate intervention and referral.
- To ensure student safety through coordinated institutional and professional support.
- To promote awareness and preventive measures within the campus community.

3. Scope

This protocol applies to all students enrolled in the institution, faculty and staff who may identify or report at-risk students, and the Counselling Cell and its affiliated mental health partners.

4. Identification and Referral

Students at risk may be identified through self-referral, faculty/staff referral based on observed behavioural changes, peer referral, or routine screening during counselling sessions.

5. Risk Assessment Procedure

The Student Counsellor will conduct a structured assessment that includes:

- Clinical interview focusing on suicidal ideation, intent, plan, and past attempts.
- Observation of behavioural, emotional, and verbal cues.

- Risk Level Classification:

- **Low Risk:** Passive suicidal thoughts, no plan or intent.
- **Moderate Risk:** Active thoughts, vague plan, no immediate intent.
- **High Risk:** Active thoughts, specific plan, means available, or recent attempt.

6. Management and Intervention Steps

a) Low Risk:

- Provide counselling support and coping strategies.
- Develop a safety plan with the student.
- Schedule regular follow-up sessions.

b) Moderate Risk:

- Increase frequency of counselling sessions.
- Involve family or guardians (with consent).
- Refer to external psychologist or psychiatrist if needed.

c) High Risk / Crisis:

- Ensure immediate safety; do not leave the student alone.
- Inform the Principal and activate crisis protocol.
- Contact emergency services or nearby mental health facility.
- Notify parents/guardians immediately.
- Arrange hospitalization or psychiatric intervention if required.
- Document all actions taken in a confidential record.

7. Referral and Liaison

The institution maintains formal liaison with nearby mental health service providers for referrals and collaborative mental health support from KMCH Medical College Hospital.

8. Follow-Up and Postvention

Regular follow-ups will be conducted with the student, ensuring continued counselling and academic support. Postvention and grief counselling will be provided when required.

9. Confidentiality and Documentation

All records are strictly confidential and shared only on a need-to-know basis for the student's safety and care.

10. Awareness and Capacity Building

Periodic training and awareness programs will be organized for faculty, student mentors, and hostel wardens to identify and respond to warning signs.

11. Emergency Contact Information

Counselling Cell Contact: Ms. Ramya S, Student Counsellor

Mobile Number: 99524-73770

Emergency Medical Support: KMCH Medical College and Hospital

Local Helplines (Coimbatore & Tamil Nadu):

District Mental Health Programme (DMHP), Coimbatore: 96556-51411

Nitya Gurukula Suicide Prevention Helpline, Coimbatore: 1800-121-203040

Tele-MANAS Tamil Nadu 24×7 Tele-Mental Health Helpline: 14416

National Helplines & Schemes announced/recommended by RJD:

Tele-MANAS: 14416 / 1-800-91-4416

MANODARPAN: 8448440632

KIRAN Suicide Prevention Helpline: 1800-599-0019

NIMHANS Helpline: 080-4611-0007

12. Review and Evaluation

This protocol shall be reviewed annually by the Counselling Cell and updated as per institutional needs and best practices.