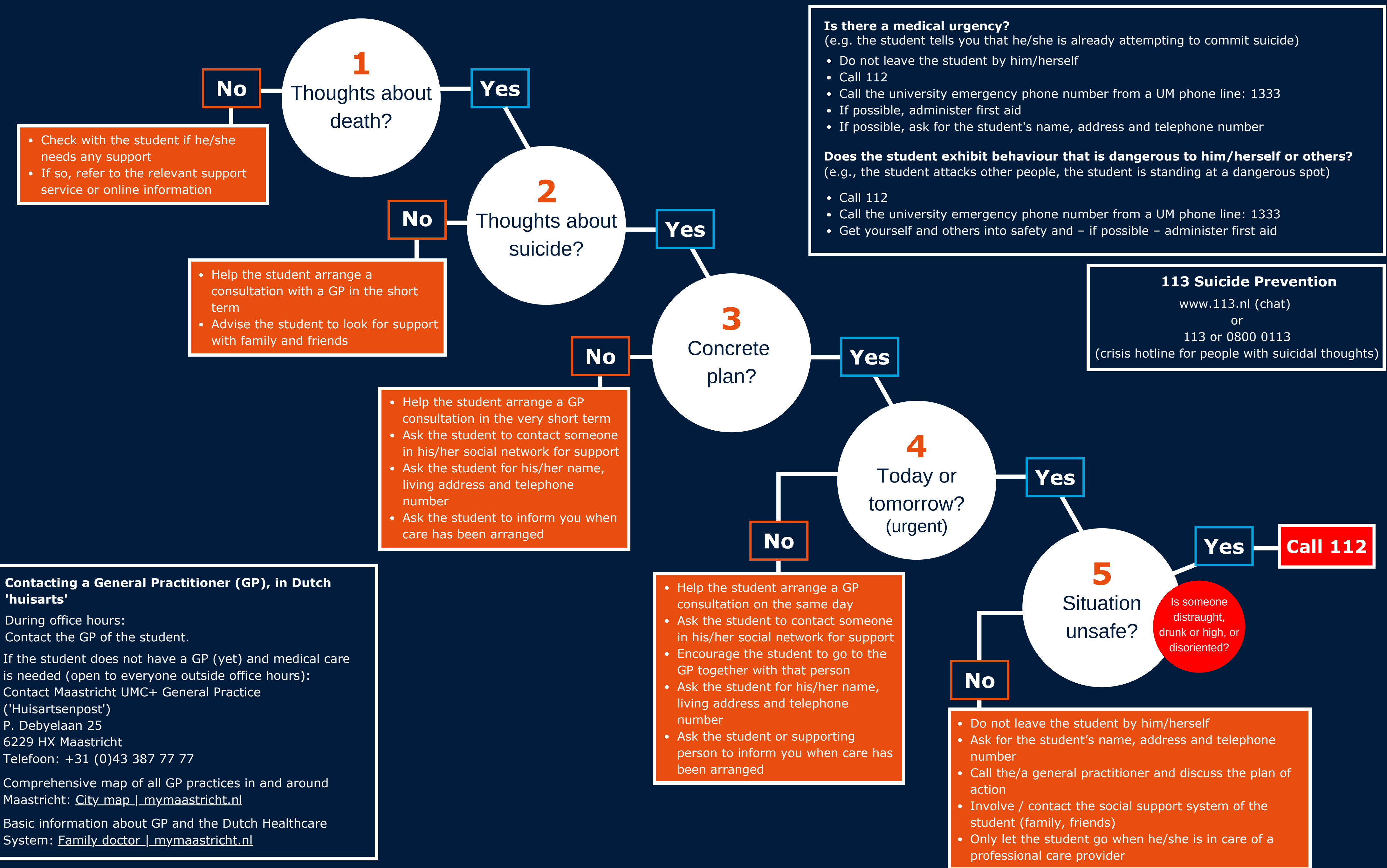


Signalisation Chart Suicide Prevention Maastricht University (UM)

5 questions to guide a student to the appropriate care



Is there a medical urgency?
(e.g. the student tells you that he/she is already attempting to commit suicide)

- Do not leave the student by him/herself
- Call 112
- Call the university emergency phone number from a UM phone line: 1333
- If possible, administer first aid
- If possible, ask for the student's name, address and telephone number

Does the student exhibit behaviour that is dangerous to him/herself or others?
(e.g., the student attacks other people, the student is standing at a dangerous spot)

- Call 112
- Call the university emergency phone number from a UM phone line: 1333
- Get yourself and others into safety and – if possible – administer first aid

113 Suicide Prevention
www.113.nl (chat)
or
113 or 0800 0113
(crisis hotline for people with suicidal thoughts)

Contacting a General Practitioner (GP), in Dutch 'huisarts'

During office hours:
Contact the GP of the student.

If the student does not have a GP (yet) and medical care is needed (open to everyone outside office hours):
Contact Maastricht UMC+ General Practice ('Huisartsenpost')
P. Debyelaan 25
6229 HX Maastricht
Telefoon: +31 (0)43 387 77 77

Comprehensive map of all GP practices in and around Maastricht: City_map_|_mymaastricht.nl

Basic information about GP and the Dutch Healthcare System: Family_doctor_|_mymaastricht.nl

This chart is based on the 'Signaleringskaart zelfmoordpreventie voor het onderwijs' from 113 Suicide Prevention.