Thoughts about death?

No: Check with the student if he/she needs any support. If so, refer to the relevant support service or online information.

Yes: Help the student arrange a consultation with a GP in the short term. Advise the student to look for support with family and friends.

Thoughts about suicide?

No: Help the student arrange a GP consultation in the very short term. Ask the student to contact someone in his/her social network for support. Ask the student for his/her name, living address and telephone number. Ask the student to inform you when care has been arranged.

Yes: Help the student arrange a consultation with a GP on the same day. Ask the student to contact someone in his/her social network for support. Encourage the student to go to the GP together with that person. Ask the student for his/her name, living address and telephone number. Encourage the student to go to the GP together with that person. Ask the student to inform you when care has been arranged.

Concrete plan?

No: Do not leave the student by him/herself. Ask for the student’s name, address and telephone number. Call the/a general practitioner and discuss the plan of action. Involve / contact the relevant support system of the student (family, friends). Only let the student go when he/she is in care of a professional care provider.

Yes: Today or tomorrow? (urgent)

No: Help the student arrange a consultation on the same day. Ask the student to contact someone in his/her social network for support. Encourage the student to go to the GP together with that person. Ask the student for his/her name, living address and telephone number. Ask the student or supporting person to inform you when care has been arranged.

Yes: Call 112

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 university phone line: ....
- 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 university phone line: ....
- Get yourself and others into safety and – if possible – administer first aid

Situation unsafe?

No: Help the student arrange a consultation with a GP in the short term. Advise the student to look for support with family and friends.

Yes: Call 112

Is someone distraught, drunk or high, or disoriented?

Contacting a General Practitioner (GP), in Dutch ‘huisarts’

During office hours:
Contact the GP of the student.
Map of [city] with locations and contact details of GP’s: [link]
If the student does not have a GP in the Netherlands (yet) and urgent medical care is needed: Contact ..... General Practice
Phone: ..... In case of emergency, choose ..... in the phone menu.
 ..... General Practice
[address]
[postal code and city]
The university works in collaboration with ..... General Practice in case of the need for urgent medical care. ..... General Practice will consult students who do not have a GP in the Netherlands yet, at the request of a university employee.
There is a pharmacy at the practice.
Outside of office hours:
Contact ..... Hospital General Practice
[address]
[postal code and city]
(phone number)

113 Suicide Prevention
www.113.nl or 0900 0113 (crisis hotline for people with suicidal thoughts)

This chart is based on the ‘Signaleringskaart zelfmoordpreventie voor het onderwijs’ from 113 Suicide Prevention. With thanks to ..... General Practice for their collaboration in suicide prevention.