A suicide prevention training for gatekeepers

Suicide Warning Signs & Response

SHOW CONCERN AND REFER

Express that you care
“I’ve noticed...I care about you and I want to help.”

Ask about suicide
“Are you having thoughts of wanting to die?”

Assess the urgency of the situation
“Do you have plans to kill yourself now?”

Validate strengths
“Thank you for sharing, it takes a lot of courage...”

Recommend they speak with a mental health professional
“I think it may be helpful if you spoke with a counselor.”

Acknowledge concerns
“The services are confidential. They help a lot of students.”

Follow-up
When encouragement, support and outreach is needed call Student Outreach and Support 813-974-6130 or make a referral at usf.edu/socatreferral
CAMPUS CONNECT

SUICIDE WARNING SIGNS & RESPONSE

O = Open Ended Questions:
Allows the person to tell their story and cannot be answered with a yes or no.

A = Affirmations:
Verbal and non-verbal communication which conveys respect, warmth, empathy and understanding.

R = Reflective Listening:
Put your own thoughts and feelings aside and tune into information, feelings, accuracy, understanding, patterns and themes.

S = Summaries:
Paraphrase what you are hearing to ensure accuracy and understanding.

OARS

HELPFUL OARS PHRASES

WALLET CARD

So, for you, (state summary).”

“So, for you, (state summary).”

Summarize

“IT sounds like… You were… What happened was…”

Reflect (mirror back)

“Do you mean…? I hear you… I am aware of…”

Talk about what you understand

“I understand you need… I hear you…”

Talk about what you know

“I am aware that… I know that…”

Talk about what you have observed

“I see… I noticed that… It sounds like you feel…”

Clarify

“Do you mean…? Tell me more about… Could you describe…?”

Helpful Oars Phrases

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Campus Connect

University of South Florida
Student Affairs