THE DO'S AND DON'TS OF Approaching Suicidal Behavior

**THE DO'S**
- Try to approach the student in a calm and caring way
- Let the student know that there are people who care about him/her
- Understand that this is a way of coping with the pain that he or she feels
- Use the student’s language for suicidal behavior
- Show a respectful willingness to listen
- Have non-judgmental compassion for the student’s experience

**THE DON'TS**
- Be overly reactive - could alienate the student and damage alliance
- Respond with panic, revulsion, shock, or averted gaze
- Try to stop the behavior with threats or ultimatums
- How excessive interest in the suicidal behavior
- Permit the student to relive the experience in detail initially - this can be triggering
- Tell the student that you wont tell anyone if they open up