



Manhattan Marriage & Family Therapy

## **Procedure if a client states intent to commit suicide, hurt themselves or others:**

### **For immediate risk or if the client is actively hurting themselves call 911.**

- Never leave the client alone.
- Call a supervisor or another clinician and ask for assistance.
- Contact the client's in case of emergency person for support.

If you are at Manhattan Marriage & Family Therapy, find one of our supervisors:

Dr. Amanda Craig	612-396-7823 (cell)
Sarah Trance, LMFT	607-743-6717 (cell)

If you are at Manhattan Marriage & Family Therapy and you are not able to find one of our supervisors, find a licensed therapist on staff to help you so that they can do a suicide risk assessment:

Abby Crews  
Cliff Schuman  
Kimberly Kuskovsky  
Deborah O'Donnell

If there isn't a licensed therapist find an unlicensed clinician and call/text one of our supervisors:

Keith Dixon  
Angie Sadhu

### **If the client identifies active suicidal ideation and/or a plan, but is not in imminent risk:**

- Refer to the NYC Psychiatric Emergency List | CT Psychiatric Emergency List.
- Create a Safety Plan. Refer to the Brown Stanley Safety Plan Checklist.
- Contact the client's in case of emergency contact for support, esp for children and adolescents.
- Contact the client's psychiatrist (if applicable) for continuity of care.

### **If the client is a minor:**

Contact the parents/guardian and let them know what is happening. Inform them that they can:

Call 911 for an immediate risk

Refer to the NYC Psychiatric. Emergency List | CT Psychiatric Emergency List for intervention and treatment options.

Stay with the client until their guardian and/or emergency personnel are present for transport



Manhattan Marriage & Family Therapy

### **CPEP (Comprehensive Psychiatric Emergency Program) Manhattan:**

Mount Sinai St. Luke's	(212) 523-5849
Bellevue Hospital/CPEP	(212) 562-4678
New York Presbyterian	888-694-5700 (for inpatient admissions)

### **Suicide Prevention Resources:**

National Suicide Prevention Lifeline	1-800-273-8255 <a href="https://suicidepreventionlifeline.org">https://suicidepreventionlifeline.org</a>
New York City Hotline	212-673-3000 <a href="http://samaritansnyc.org/NYC">http://samaritansnyc.org/NYC</a>
NYC Well	1-888-NYC-WELL (1-888-692-9355) Or text WELL to 65173

### **Aftercare:**

- Make sure to **document!** Provide a thorough case note about the suicidal incident including names, dates, specifics, etc. Phone calls, written letters and emails, conversations with family or other service providers should also be included.
- Please **inform a supervisor.**
- Always **follow up** with the parents and emergency personnel. It is your job to ensure the proper steps were taken to support the client and to check in with them.
- If the client is admitted for psychiatric emergency services, they will be discharged under the hospital's care with appropriate follow through and paperwork.
- Therapy can resume as appropriate based on recommendations. The **Brown Stanley Safety Plan** should be written and kept in file upon return.
- **Consult** clinical supervisors.