

# GOVS HOPE

Suicide is the 2nd leading cause of death among college students. If you perceive an immediate threat of harm from a student, contact Campus Police or call 911 immediately.

Interested in learning more? Contact Student Counseling Services at (931) 221-6162 to schedule a Suicide Prevention Training for you and your team.

If applicable, you may also file a report with the APSU Behavioral Intervention Team (BIT) to streamline communication regarding this student. BIT members gather data and make a plan for a coordinated response to support a student of concern. You may submit a report on the Dean of Students website at [https://cm.maxient.com/reportingform.php?AustinPeayStateUniv&layout\\_id=30](https://cm.maxient.com/reportingform.php?AustinPeayStateUniv&layout_id=30).

## RESOURCES TO CONTACT FOR STUDENTS IN CRISIS:

- APSU Office of Student Counseling Services: (931) 221-6162
- National Suicide Prevention Hotline: (800) 273-8255
- APSU Campus Police: (931) 221-7786
- Office of Student Affairs: (931) 221-7341
- Crisis Text Line Text “TN” to 741741

In your role as faculty or staff, students may perceive you as someone who can lend a helping hand or be a good listener. Your expression of interest and concern may be a critical factor in helping a struggling student find appropriate assistance.

# AP ACADEMY: SUICIDE PREVENTION QUICK GUIDE

## PART 2

### **IF A STUDENT WANTS TO TALK:**

- Accept and respect what is said.
- Listen, and avoid giving advice, judgment, evaluation or criticism.
- Try to focus on an aspect of the problem that is manageable.
- Avoid offering false hope or offering confidentiality to the student.
- Help identify resources available and encourage the student to seek help.
- If comfortable, offer yourself as a caring person until professional assistance has been obtained.
- When called for, let the student know you are worried about their safety.
- After the student has left, make some notes to document the interaction.
- Consult with your supervisor or appropriate professional on your experience.

### **Examples of warning signs for possible concern may include:**

- Alcohol or drug abuse
- Problems with or significant changes in mood
- Expression of hopelessness, helplessness or no sense of meaning
- Sleep Problem
- Social Withdrawal
- Feeling like a burden on others

### **If you perceive an immediate threat of harm, meaning the student has expressed a desire to harm self or others:**

- Call Campus Police (931) 221-7786 or 911

### **If you perceive a possible threat of harm, meaning the student suggests a desire to harm self or others:**

- Ask student: “Are you thinking of killing yourself or harming others?”