

Mental Health and Suicide Prevention Resources for the Campus Community

Faculty and Staff Resources:

Suicide Prevention Resource Center: <https://www.sprc.org/>

Suicide Prevention Resource Center (SPRC) offers accurate data, up-to-date research and knowledge of effective strategies and interventions which are essential to our ability to prevent suicide.

Workplace Suicide Prevention: <https://workplacesuicideprevention.com/>

The National Guidelines for Workplace Suicide Prevention was released October 2019 as a result of the collaborative partnership of suicide prevention leaders including the American Association of Suicidology, the American Foundation of Suicide Prevention and United Suicide Survivors International in addition to hundreds of workplace stakeholders.

NAMI (National Alliance on Mental Illness): <https://www.nami.org/>

NAMI, the National Alliance on Mental Illness, provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives. NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Today, they are an association of more than 500 local affiliates who work in your community to raise awareness and provide support and education that was not previously available to those in need.

American Heart Association (AHA) CEO Roundtable: <https://ceoroundtable.heart.org/>

CEOs from around the globe came together to serve as role models in taking positive steps toward healthy living and disseminate AHA research and other evidence-based outcomes on the science of workplace health among employers and employees.

In March 2019, CEO Roundtable released a comprehensive report detailing how mental health is a workplace crisis that needs greater attention:

<https://ceoroundtable.heart.org/mental-health-a-workforce-crisis-report/>

Ohio Program for Campus Safety and Mental Health (OPCSMH):

Goal is to promote suicide prevention & mental health awareness at Ohio Colleges and Universities. Contact Jessica Zavala, MPA, Manager, Ohio Program for Campus Safety & Mental Health (OPCSMH) NEOMED, Department of Psychiatry.

Website: <https://www.neomed.edu/csmh/>

Stay Connected: [JOIN OUR LISTSERV-OPCSMH](#)

Visit the YouTube Channel: [YouTube-OPCSMH](#)

College Student Resources:

American College Health Association – National College Health Assessment (NCHA)

Spring 2019 Executive Summary Report

The ACHA-National College Health Assessment (NCHA) is a nationally recognized research survey collecting precise data about college students' health habits, behaviors, and perceptions. Over 800 higher education institutions are member of the ACHA, as of 2019.

Healthy Minds Network: Healthy Minds Study 2018-2019

The Healthy Minds Study provides a detailed picture of mental health and related issues in college student populations. Schools typically use their data for some combination of the following purposes: to identify needs and priorities; benchmark against peer institutions; evaluate programs and policies; plan for services and programs; and advocate for resources.

JED Foundation: <https://www.jedfoundation.org/>

Helps schools (both primary and Higher Education) evaluate and strengthen their mental health, substance abuse and suicide prevention programs. JED's programs are grounded in our Comprehensive Approach to Mental Health Promotion and Suicide Prevention for Colleges and Universities, developed in collaboration with SPRC. This evidence-based model can be used to assess efforts currently being made on campus, identifying existing strengths and areas for improvement.

JED Campus is a signature program of The Jed Foundation (JED) designed to guide schools through a collaborative process of comprehensive systems, program and policy development with customized support to build upon existing student mental health, substance use and suicide prevention efforts.

Jason Foundation: <https://jasonfoundation.com/>

The Jason Foundation is a national leader in youth suicide awareness and prevention. They provide training to teachers, parents, and communities across the country at no charge. The Jason Foundation, Inc. series of online Staff Development Training Modules provide information on the awareness and prevention of youth suicide. These training modules are free and suitable for teachers, coaches, other school personnel, youth workers, first responders, foster parents and any adult who works with or interacts with young people or wants to learn more about youth suicide.

ACTIVE MINDS: <https://www.activeminds.org/>

Active Minds was founded by Alison Malmon when she was a junior at the University of Pennsylvania following the suicide of her older brother, and only sibling, Brian. Active Minds is a national leader for young adult mental health advocacy and suicide prevention. Now in its sixteenth year, Active Minds is at more than 800 colleges and high schools nationwide, including 550 student-led chapters. Our programs and services empower students to reduce the stigma surrounding mental health, create communities of support, and ultimately save lives.

Resources such as:

- “Send Silence Packing” on campus exhibit
- Active Minds Speakers
- Awareness & Education tools