

Mission

The Campus Suicide Prevention Center of Virginia works to reduce risk for suicide in Virginia's college and university communities by helping campus leaders to:

- ◆ Promote mental health and emotional resilience for all students;
- ◆ Enhance strategies for early identification of mental health concerns;
- ◆ Encourage help-seeking among students;
- ◆ Provide options for those in need of support services; and
- ◆ Respond effectively to individuals who may be at risk for suicide.

CampusSuicidePreventionVA.org

The Campus Suicide Prevention Center of Virginia

provides training, consultation and prevention resources at no or low cost to all Virginia college and university campuses.

Services are funded through a partnership of:



The Substance Abuse and Mental Health Services Administration



The Division of Injury and Violence Prevention at the Virginia Department of Health



The Institute for Innovation in Health and Human Services at James Madison University.

For more information or to request training or consultation contact:
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The Campus Suicide Prevention Center of Virginia



Comprehensive Planning to Reduce Risk for Suicide in Virginia's College and University Communities.

CampusSuicidePreventionVA.org



The Jed Foundation's "Model for Comprehensive Mental Health Promotion and Suicide Prevention"
For more information, visit:

JedFoundation.org

A comprehensive, public health approach to suicide prevention means:

- ◆ Enhance mental health and wellness for the entire campus community,
- ◆ Develop multidisciplinary campus leadership,
- ◆ Use data to guide planning and evaluation,
- ◆ Use strategies in combination,
- ◆ Define problems and establish priorities,
- ◆ Utilize Best Practice principles and programs.

For more information on the use of
A Public Health Model to Prevent Suicide, or
Best Practices in Suicide Prevention visit:

The Suicide Prevention Resource Center
SPRC.org

The Campus Suicide Prevention Center of Virginia provides:

1. On-site and regional training, using "Best Practice" programs

- ◆ For Campus Mental Health Clinicians
 - *Recognizing and Responding to Suicide Risk: Essential Skills for Clinicians*
 - *Assessing and Managing Suicide Risk: Essential Skills for Clinicians*
- ◆ For Community "Gatekeepers":
 - *Campus Connect*
 - *SafeTALK*
 - *Applied Suicide Intervention Skills Training (ASIST)*

- ◆ For Campus Planners: Developing, implementing and evaluating comprehensive suicide prevention plans

2. Support for collecting essential data

- ◆ The Healthy Minds Study, a national survey that examines mental health issues among college students
- ◆ A survey of campus needs and resources

3. Support for developing campus support services

- ◆ Effective screening
- ◆ Social marketing and awareness campaigns
- ◆ Support groups and wellness seminars

4. A network for sharing information and resources between campuses

5. A link to state and national resources

- ◆ The Division of Injury and Violence Prevention of the VA Dept. of Health: vahealth.org/injury
- ◆ The Suicide Prevention Resource Center: SPRC.org
- ◆ The JED Foundation: jedfoundation.org
- ◆ The American Association of Suicidology: suicidology.org
- ◆ The American Foundation of Suicide Prevention: afsp.org

"We are on a treadmill to nowhere if all our efforts are directed at helping individual victims. It is a well known public health doctrine that no mass disorder afflicting humankind has ever been eliminated or brought under control by treatment of affected individuals. Only successful efforts at primary prevention reduce the rate of distress in the future."
~Dr. George Albee