



Suicide Prevention Plan

University of Memphis has developed a comprehensive approach to increase mental health awareness through efforts of prevention. UofM will provide suicide prevention training and resources through existing, standardized training opportunities as well as training and resources that are specifically tailored to the campus community. Prevention training and resources will be reviewed annually and updated as appropriate to respond to changing practices and the campus community needs.

1. Training:

The Counseling Center will provide suicide prevention training, such as Question, Persuade and Refer (QPR) and Mental Health First Aid (MHFA). Staff from various offices will also be trained as QPR trainers, through the TN Suicide Prevention Network. QPR and MHFA training will be offered each semester to faculty, staff, and students. Training may also be facilitated at the request of any faculty or staff office or student group. Other mental health awareness programming will be provided throughout the academic year to promote awareness, increase coping skills, and help-seeking behaviors to faculty, staff, and students. Requests for QPR and other mental health related training and workshops can be made to the Counseling Center at <https://www.memphis.edu/counseling/outreach/index.php>

2. Resources

In addition to training, the University of Memphis also provide a wide range of resources to support the campus community suicide prevention effort:

- A mental health wellness syllabus statement provided to the faculty senate for inclusion on all course syllabi.
- Promotion of the National Suicide Prevention Lifeline, Crisis Text Line, and campus/community resources are made available through:
 - Counseling Center website
<https://www.memphis.edu/counseling/about/emergencycontacts.php>
 - Tiger Care Cards

3. Contacts:

To request suicide prevention training and resources, please contact: University of Memphis Counseling Center at 901-678-2068 or counseling@memphis.edu

To report a concern about a student, please contact:

- Office of the Dean of Students at 901-678-2187 or deanofstudents@memphis.edu
- Submit a concern about a student online at https://cm.maxient.com/reportingform.php?UnivofMemphis&layout_id=30

Additional Mental Health and Wellness Resources

<https://www.memphis.edu/counseling/wellness-and-resources/index.php>

<https://www.thetrevorproject.org/get-help/>

<https://jedfoundation.org/mental-health-resource-center/>