



University of Memphis Suicide Prevention, Intervention, & Postvention Plan

The University of Memphis is committed to the mental health wellness of our students, faculty, and staff. As such, and in compliance with the requirements of T.C.A. § 49-7-172, the University of Memphis has developed a suicide prevention, intervention, and postvention plan that engages in a variety of initiatives and departments to improve and provide crisis services.

University of Memphis Suicide Prevention, Intervention and Postvention Plan will be disseminated to faculty, staff, and students each academic term by email and will be available on the Counseling Center website (<https://www.memphis.edu/counseling/resources/suicide-prevention.php>) at all times.

Definitions:

1. "Campus community" refers to any person who is a student, faculty member, staff employee, campus visitor, or participant in a University-sponsored or University-affiliated activity.
2. "Counseling Center" refers to the office and staff designated with primary responsibility for clinical mental health counseling for University students.
3. "Faculty" refers to any University employee who holds faculty rank and whose primary appointment is to engage in academic instruction, research, or service.
4. "Intervention" refers to a direct effort to prevent a person from ending their life through an activity or set of activities to decrease risk factors and increase protective factors.
5. "Office of the Dean of Students" refers to office and staff designated with primary responsibility for the administration, safety, and welfare of University students.
6. "Prevention" refers to activities implemented prior to the onset of an adverse health outcome (e.g., dying by suicide) and designed to reduce the potential that the adverse health outcome will take place.
7. "Postvention" refers to activities following a suicide to help alleviate the suffering and emotional distress of the survivors, and prevent additional trauma and contagion.
8. "Staff" refers to any full-time or part-time University employee not primarily engaged in academic instruction, research, or service, who holds either an exempt or non-exempt position with or without administrative, executive, or managerial responsibilities, excluding student employees of the University.

9. "Student" refers a person who is admitted, enrolled or registered for study at the University, either full-time or part-time, pursuing undergraduate, graduate, professional, and/or non-degree courses; or has completed a preceding academic term at the University and is eligible for re-enrollment without re-applying for admission and/or otherwise has a continuing relationship with the University.
10. "UofM Police Services" refers to the law enforcement agency with primary jurisdiction for all University owned and controlled property.

There are three primary components of the University of Memphis Suicide Prevention plan:

Prevention

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). Staff from various offices within the Division of Student Academic Success will also be trained as QPR trainers, through the TN Suicide Prevention Network. QPR 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 suicide or 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

Intervention

There is no typical suicidal person. No age group, ethnicity, or background is immune. We understand that many troubled individuals display behaviors deliberately or inadvertently signal their suicidal intent. Recognizing the warning signs (<http://tspn.org/warning-signs>) and learning what to do next may help save a life.

When a student, faculty, or staff member encounters a student with suicidal intent, making suicidal statements, writing suicidal notes, and/or exhibiting self-harm, such as cutting or any similar at-risk behaviors, the following individual should be contacted immediately:

- First, contact UofM Police Services at 901.678.HELP (4357) if medical attention is required.
- Second, contact UofM Counseling Center at 901-678-2068 for assistance. If the crisis occurs after hours, contact UofM Police Services at 678-HELP (4357) and ask to speak to the on-call counselor.

Should the incident occur after hours, or the above noted individual is not available, the following should be contacted immediately:

- After Hours 24/7 Crisis Line 901-678-HELP (4357)

If the suicidal person has plans and access to a lethal means, is planning to make an attempt very soon, or is currently in the process of making an attempt, this individual is in imminent danger and should not be left alone. Get the person help immediately. Determine who can get there quickly and keep the individual safe.

Should you have this concern, you should immediately call UofM Police Services at 901.678.HELP (4357) or 911.

If you encounter a suicidal student who is in imminent danger, all reasonable steps should be taken to not leave the student alone until help arrives.

Faculty and staff members are not permitted to promise confidentiality or honor a previous promise of confidentiality to the student who might harm themselves. The faculty or staff members must explain to the student that information may be shared with others to help them, but there will not be discussion with others who do not need to know of the incident.

If faculty or staff suspect that a student may be thinking about suicide, approach the student directly to address concerns. Promote hope by listening to the student. Let them know that they are not alone, and help is available. When in doubt, seek consultation from other professionals such as the Counseling Center. All concerns should be reported using the Report a Concern about a Student at https://cm.maxient.com/reportingform.php?UnivofMemphis&layout_id=30 (not to use in replacement for contacting Police Services and/or the Counseling Center/ On-call Counselor in case of emergency and imminent danger)

Additional Intervention Resources

- a) University of Memphis has established relationships with the following local Mental Health facilities for the purpose of crisis referral services.
 - Lakeside Behavioral Health System provides emergency services for further evaluation of crisis situations at 901-377-4733.
 - City of Memphis Crisis Intervention Team provides emergency services for further evaluation of crisis situations at 901-545-2677, extension 0.
- b) The National Suicide Prevention Lifeline at 1-800-273-TALK (8255) provides access to trained telephone counselors, 24 hours a day, 7 days a week
- c) Crisis Text Line: texting TN to 741 741.

The safety and wellbeing of our students, faculty, and staff is of the utmost importance. In situations that require immediate action because of safety or other concerns, University of Memphis will take any reasonable administrative action or accommodation protocols that are appropriate.

Postvention

Because all student/faculty/staff deaths affect our community, whether that death is accidental, due to illness, or the result of self-inflicted injury, it important for University of Memphis to respond to and recognize all deaths in a consistent manner. Campus leadership and the communications department developed a protocol that includes a campus response to a student/faculty/staff suicide to decrease the trauma experienced by the students and other campus community members left behind and to help prevent further suicides through contagion.

- 1) Upon learning that a student is attempting suicide
 - The police should be notified immediately:
 - If the incident is occurring on-campus, contact the UofM Police Services at 901.678.HELP.
 - If the incident is occurring off-campus, contact 9-1-1.
 - Issues of confidentiality do not apply when a person's life is in danger. In many instances, a suicide attempt constitutes a medical emergency (e.g., bleeding from self-injury, confusion, or coma from drug overdose).

- If the attempt occurs on campus and is discovered by UofM Housing and Residence Life staff, staff should follow department guidelines.
- The UofM Police Services will notify:
 - Emergency medical personnel, if needed.
 - The Counseling Center or the on-call counselor.
- Emergency medical personnel will transport the student to the hospital.
- In some cases, to ensure the student's safety or that of other members of the campus community, the police officer may be required to take the student into custody and direct the person's transport to the hospital for evaluation. These circumstances include violence, serious injury, or conduct likely to result in immediate serious harm to the student or others.
- If the student is not experiencing a medical emergency, but is experiencing emotional crises, the counselor(s) on-call will conduct an evaluation. If hospitalization is warranted, a police officer may provide transportation.
- The Counseling Center and Office of the Dean of Students will coordinate after-care support as needed.

2) If a student death occurs by suicide

- The following person, or their designee, should be notified immediately:
 - Office of the Dean of Students at 901.678.2187
 - UofM Counseling Center at 901-678-2068
- In response to the suicide of a student, staff or faculty member, Office of the Dean of Students, the UofM Counseling Center, and appropriate staff and offices involved, will provide services to that individuals and communities affected, in order to:
 - Prevent further suicides
 - Support the bereaved
 - Counteract the other negative effects of exposure to suicide/trauma

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/>