

## **Suicide Prevention Plan**

Although no one can predict with 100% accuracy who will attempt suicide and when. However, generally speaking, the more warning signs present, the greater the risk of suicidal behavior. Possible indications for risk of suicide should be watched closely. If they appear numerous or severe, seek professional help at once. 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. **In order to address the issues related to suicide, The Suicide Prevention Task Force** for Lane College was established on June 5, 2019.

### **I. Suicide Quick Facts**

- a. Suicide is the tenth-leading cause of death (2016 data) in Tennessee, claiming over 1,000 lives per year. Roughly 100 of these are between the age of 10-24—suicide is the second-leading cause of death within this age group.
- b. Nationally, suicide rates among youth (ages 15-24) have increased more than 200% in the last fifty years.
- c. The suicide rate is higher for the elderly (ages 85+) than for any other age group.
- d. Suicide is preventable. Most suicidal people desperately want to live; they are just unable to see alternatives to their problems.
- e. Most suicidal people give definite warning signals of their suicidal intentions, but others are often unaware of the significance of these warnings or unsure what to do about them.
- f. Talking about suicide does not cause someone to become suicidal.
- g. Four times more men than women kill themselves, but three times more women than men attempt suicide.
- h. Firearms are the most common method of suicide regardless of sex and race.
- i. Suicide cuts across ethnic, economic, social and age boundaries.
- j. Surviving family members not only suffer the loss of a loved one to suicide, but are also themselves at higher risk of suicide and emotional problems.

### **II. Warning Signs**

- a. Talking about suicide, death, and/or no reason to live
- b. Preoccupation with death and dying
- c. Withdrawal from friends and/or social activities
- d. Experience of a recent severe loss (especially a relationship) or the threat of a significant loss
- e. Experience or fear of a situation of humiliation or failure
- f. Drastic changes in behavior
- g. Loss of interest in hobbies, work, school, etc.
- h. Preparation for death by making out a will (unexpectedly) and final arrangements
- i. Giving away prized possessions
- j. Previous history of suicide attempts, as well as violence and/or hostility
- k. Unnecessary risks; reckless and/or impulsive behavior
- l. Loss of interest in personal appearance
- m. Increased use of alcohol and/or drugs
- n. General hopelessness
- o. Recent experience humiliation or failure
- p. Unwillingness to connect with potential helpers

## **Suicide Prevention Plan of Response**

**A. Suicide Prevention Plan Orientation Program for Administrators, Staff and Students**

- a. **QPR Certification Training and Program** conducted for campus community.
- b. **Established universal language** for suicide prevention, intervention, and post-intervention responses. **Q (Question) P (Persuade) R (Refer)** are the three concepts that frame the campus prevention plan. All students, staff and faculty will be trained to increase their knowledge, skills and abilities when responding to a suicide crisis.

**B. Protocol for Attempt at Suicide in Progress** developed on June 6, 2019

- a. (Response Protocols were developed for the campus during business hours and after hours. Program areas may have additional steps, three **(3) essential steps thread our campus suicide crisis intervention** and are guided by the following rules):
  1. Begin **QPR** (Question, Persuade, Refer) protocol **and call security** (731-426-7531)
  2. During business hours call the Counseling Office 731-426-7562).  
After hours call campus security (426-7531)
  3. Do not leave individual in crisis alone
  4. **Training will be delivered at least once each semester** with all students, faculty and staff.

**C. Emergency Contact List**

- a. Campus Safety and Security – 731-426-7531 (24 hours 7 days a week)
- b. Campus Counselors-731-426-7619 (8:00 am-5:00 pm Monday through Friday)
- c. Health Services (731) 265-6604 (8:00 am-5:00 pm Monday through Friday)
- d. National Suicide Prevention Lifeline at 1-800-273-TALK (8255) -24 hours 7 days a week or text TN to 741741
- e. Pathways 24 Hour Crisis 1-800-372-0693 -24 hours 7 days a week
- f. WRAP (Women's Rape and Resource Assistance Program) 1-800-273-8712-24 hours 7 days a week
- g. Emergency – Police, Ambulance or Fire 911 -24 hours 7 days a week