



TENNESSEE STATE UNIVERSITY SUICIDE PREVENTION PLAN

Tennessee State University 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, Tennessee State University has developed a suicide prevention plan that engages in a variety of initiatives and departments to improve and provide crisis services. The Tennessee State University Suicide Prevention Plan (TSUSPP) will be disseminated to faculty, staff, and students each academic term by email. There are three primary components of the TSUSPP: Prevention, Intervention, and Postevention.

TSUSPP is a working document that is updated as needed prior to biennial dissemination to continue adherence to ethical and legal guidance, best practices, and University policies.

Prevention

Tennessee State University (TSU) has developed a comprehensive approach to increase mental health awareness through efforts of prevention. TSU may 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 UCC may provide suicide prevention training, such as Mental Health First Aid (MHFA). MHFA training will be offered 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 mental health related training and workshops can be made to the Counseling Center at counseling@tnstate.edu.
2. **Resources:** In addition to training, TSU also provides a wide range of resources to support the campus community suicide prevention effort:
 - a. A mental health wellness syllabus statement provided for inclusion on all course syllabi.
 - i. **UCC Syllabus Statement Option 1:** The Tennessee State University Counseling Center (UCC) offers free and confidential services to all actively enrolled students. The UCC is located in the Floyd Payne Campus Center, Suite 306. To schedule an appointment, you can walk in and request a new appointment, email counseling@tnstate.edu, or call the UCC at 615.963.5611. The UCC sees students for a variety of reasons, some of which include homesickness, relationship concerns, anxiety, and depression. At your first appointment, you will work with a counselor to create a plan that will connect you with resources that best fit your needs. The UCC assists students with getting connected to therapy at their center as well as connecting students to self-help resources, other on-campus resources, and community-based resources. For mental health crisis that occurs after-hours, please contact Davidson County Mobile Crisis @ 615.726.0125, TSUPD @ 615.963.5171, or call 911. You can also utilize the National Suicide Prevention Hotline 24/7 @ 988.
 - ii. **UCC Syllabus Statement Option 2:** As a student you can sometimes feel overwhelmed, lost, experience anxiety or depression, and struggle with relationship difficulties or diminished self-esteem. Mental health challenges can interfere with optimal academic performance. However, many of these issues can be effectively addressed with some help. If you

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find yourself struggling with your mental or physical health this semester, please feel free to approach me. I will try to be flexible and accommodating. As your instructor, I am not qualified to serve as a counselor, but TSU offers free, confidential counseling services on-campus that are available to all actively enrolled students. The University Counseling Center (UCC) is staffed by experienced counselors who are attuned to the needs of college students. I strongly encourage you to take advantage of this valuable resource. To connect with UCC services, please visit them in the Floyd Payne Campus Center, Suite 306, or call 615.963.5611. To know more about their services, you can visit their website at <https://www.tnstate.edu/counseling/>. For mental health crises that occur after-hours, please contact Davidson County Mobile Crisis @ 615.726.0125, TSUPD @ 615.963.5171, or call 911. You can also utilize the National Suicide Prevention Hotline 24/7 @ 988. Remember, getting help is a courageous thing to do -- for yourself and for those who care about you.

- b. Promotion of the National Suicide Prevention Lifeline, Crisis Text Line, and campus/community resources are made available through:
 - i. The UCC website <https://www.tnstate.edu/counseling/>.
 - ii. Additional methods that include brochures, fliers, and posters.
 - c. Utilizing community resources and agencies to provide prevention services for TSU community members. The UCC has established relationships with the following local Mental Health Organization(s) for the purpose of providing prevention education and training:
 - i. TSPN (Tennessee Suicide Prevention Network) provides in-person training and programming. 615.297.1077.
 - ii. For a comprehensive list of community partners and services, which may include crisis referral services, prevention screenings, training programs, etc, contact a UCC Counselor at 615.963.5611.
3. Contacts: To request suicide prevention training and resources, please contact: TSU Counseling Center at 615.963.5611 or counseling@tnstate.edu.

To report a concern about a student, please:

- Submit a concern about a student online at:
https://cm.maxient.com/reportingform.php?TNStateUniv&layout_id=0

Intervention

There is no typical suicidal person. No age group, ethnicity, or background is immune. We understand that many individuals struggling with mental health issues 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 TSUPD at 615.963.5171 if medical attention is required.
- Second, contact TSU Counseling Center at 615.963.5611 for assistance. If the crisis occurs after hours, contact TSUPD, who can notify a UCC Counselor.

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 TSUPD at 615.963.5171 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 UCC.

All student concerns should be reported using the Incident Reporting Form at https://cm.maxient.com/reportingform.php?TNStateUniv&layout_id=0. This is not to use in replacement for contacting TSUPD and/or the UCC in case of emergency and imminent danger).

Additional Intervention Resources:

- a. Davidson County Mobile Crisis provides emergency services for further evaluation of crisis situations at 615.726.0125.

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- b. The National Suicide Prevention Lifeline at 988 (call or text) 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, Tennessee State University 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 is important for Tennessee State University to respond to and recognize all deaths in a consistent manner. The following protocol was developed 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:
 - a. The police should be notified immediately:
 - i. If the incident is occurring on-campus, contact the TSUPD at 615.963.5171.
 - ii. If the incident is occurring off-campus, contact 9-1-1.
2. 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).
3. If the attempt occurs on campus and is discovered by TSU Housing and Residence Life staff, staff should follow department guidelines.
4. TSUPD will notify:
 - a. Emergency medical personnel, if needed.
 - b. The University Counseling Center.
 - c. Emergency medical personnel will transport the student to the hospital, if needed.

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5. 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.
6. If the student is not experiencing a medical emergency, but is experiencing emotional crises during business hours, a UCC counselor will conduct an evaluation. If hospitalization is warranted, a police officer may provide transportation.
7. The Counseling Center and Office of Student Affairs will coordinate after-care support as needed.
8. If a student death occurs by suicide, the following person, or their designee, should be notified immediately:
 - a. Office of Student Affairs at 615.963.5644.
 - b. University Counseling Center at 615.963.5611.
9. In response to the suicide of a student, staff or faculty member, Student Affairs, the UCC, and appropriate staff and offices involved, will provide services to individuals and communities affected, in order to:
 - a. Prevent further suicides,
 - b. Support the bereaved,
 - c. Counteract the other negative effects of exposure to suicide/trauma.

Additional Mental Health and Wellness Resources

- <https://www.tnstate.edu/counseling/>
- <https://www.thetrevorproject.org/get-help/>
- <https://jedfoundation.org/mental-health-resource-center/>
- <https://988lifeline.org>