

 <p><b>Category:</b> Student Affairs</p> <p><b>Policy applicable for:</b> Faculty/Staff &amp; Students</p>	<p><i>Policy Title:</i> <b>Resources for Suicide Prevention</b></p> <p><b>Effective Date:</b> 08/05/2019</p> <p><b>Enabling Acts:</b> O.R.C. 3345.37</p>	<p><i>Policy Number:</i> <b>4.1.3</b></p> <p><b>Policy Owner:</b> VP for Student Affairs</p> <p><b>Responsible Office(s):</b> Student Affairs; Human Resources</p>
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**IF YOU ARE READING THIS, AND IT IS AN EMERGENCY, CONTACT THE UNIVERSITY OF CINCINNATI POLICE DEPARTMENT IMMEDIATELY AT 911 (FROM A CAMPUS PHONE) OR 513-556-1111 (FROM A CELL PHONE OR OFF-CAMPUS PHONE).**

**PURPOSE**

The University recognizes that suicide is a leading cause of death for college and university students, and is committed to providing suicide prevention resources. The purpose of this policy is to direct the University community to those resources.

For purposes of this policy, “suicide” means the purposeful act of causing one’s own death and “attempted suicide” means a non-fatal, self-directed, potentially injurious behavior with an intent to die as a result of the behavior.

It is University policy to provide all incoming students with information about mental health topics, including depression and suicide prevention resources available to students. The information provided to students shall include available mental health services and other support services, including student-run organizations for individuals at risk of or affected by suicide.

**WARNING SIGNS**

There are several warning signs that someone is at risk of committing suicide. Warning signs include:

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

For more information on the risk factors and warning signs, visit the National Suicide Prevention Lifeline at <https://suicidepreventionlifeline.org/how-we-can-all-prevent-suicide/> or call 1(800)273-8255.

**IF YOU BELIEVE YOU OR SOMEONE YOU KNOW EXHIBIT ANY RISKS FACTORS FOR ATTEMPTING SUICIDE, IMMEDIATELY CONTACT COUNSELING & PSYCHOLOGICAL SERVICES AT (513) 556-0648 FOR GUIDANCE.**

## SUICIDE PREVENTION HOTLINES AND WEBSITES

University of Cincinnati	1-513-584-8577 <a href="https://www.med.uc.edu/uhs/emergencysituations/mentalhealth">https://www.med.uc.edu/uhs/emergencysituations/mentalhealth</a>  1-513-556-0648 <a href="https://www.uc.edu/campus-life/caps/student-services/crisis-services.html">https://www.uc.edu/campus-life/caps/student-services/crisis-services.html</a>
Local	1-513-281-2273 <a href="http://www.ohiospf.org">http://www.ohiospf.org</a>
State	1-800-273-TALK (8255) or text "4HOPE" to 741741 <a href="http://mha.ohio.gov">http://mha.ohio.gov</a>
National	1-800- 279-TALK (8255) or text "START" to 741-741 <a href="http://www.crisistextline.org/">http://www.crisistextline.org/</a> <a href="http://www.suicidepreventionlifeline.org/">http://www.suicidepreventionlifeline.org/</a>

## SUICIDE PREVENTION AND EDUCATION RESOURCES AT UNIVERSITY OF CINCINNATI

- **Counseling & Psychological Services (CAPS):** CAPS is a professional counseling office within the University's Division of Student Affairs. CAPS provides counseling, outreach programs, and related services for UC students and those concerned about their welfare. For more information regarding CAPS call (513) 556-0648 or visit <https://www.uc.edu/counseling.html>. CAPS 24 hour Consultation and Crisis Helpline may be reached at (513) 556-0648 and press 1, to speak with a counselor 24/7.
- **Crisis, Assessment, Referral, Evaluation Team (CARE Team):** CARE is located within the Division of Student Affairs with the purpose to respond to reports about students whose behavior is raising concerns within the University community. The CARE Team will gather information regarding the student and coordinate a plan for assessment and management of the concerns for the student's well-being and the University community. For more information regarding the CARE Team, to make a referral, or to request a presentation, please visit <https://www.uc.edu/campus-life/dean-of-students/care-team.html>.
- **University Health Services Mental Health (UHS Mental Health):** UHS Mental Health provides professional and confidential mental health care services for University students. Call (513) 556-2564 to schedule an appointment and visit <https://med.uc.edu/landing-pages/university-health/emergencysituations/mentalhealth> and <http://med.uc.edu/uhs/> for more information.
- **Impact Solutions:** An employee assistance program that provides unlimited consultation for benefits eligible employees and their families as well as 5 complimentary fact-to-face counseling sessions per person per occurrence. Contact Impact Solutions 24/7 at 1(800) 227-6007 or visit <http://www.myimpactsolution.com/>. You can also visit <https://www.uc.edu/employees/hr.html> for more information on Impact Solutions and employee coverage.
- **Anthem LiveHealth Online Psychology (LiveHealth):** LiveHealth provides virtual behavioral health visits with licensed therapists and is available to all employees and their dependents who participate in a University medical plan. Call 1(844) 784-8409 or visit <https://livehealthonline.com/psychology/> to schedule an appointment.

## **LOCAL SUICIDE PREVENTION RESOURCES**

The University offers a number of suicide prevention services, but we understand that sometimes individuals feel more comfortable seeking services off campus. The University cannot endorse any off campus organization, but the following is a list of local organizations that provide suicide prevention resources.

- **Talbert House:** Talbert House provides mental health and substance use assessment and treatment services for adults throughout Greater Cincinnati and surrounding counties. It is open 24/7 and may be contacted at (513) 221-HELP (4357) or visit <http://www.talberthouse.org/>.
- **Cincinnati Academy of Professional Psychology (CAPP):** Visit CAPP at <http://cappnet.org/> to find a psychologist and for a list of places that offer reduced rates for psychological services.
- **Mercy Professional Services:** Mercy offers individual, couples, and group therapy. Mercy also offers bilingual services (Spanish). Contact Mercy at (513) 221-2330.
- **Greater Cincinnati Behavioral Health Services (GCB):** GCB is a group of licensed social workers, counselors and therapists. Contact GCB at (513) 345-5200 or visit <https://www.gcbhs.com/>.
- **Catholic Social Services:** Licensed counselors and social workers will provide mental health services regardless of income. Contact Catholic Social Services at (513) 241-7745.
- **Professional Pastoral Counseling Institute (PPI):** PPI provides spiritually grounded professional counseling and psychotherapy for individuals, couples and families. Contact PPI at (513) 791-5990 or visit <https://pastoral-counseling.org/>.
- **Central Clinic Behavioral Health:** CCBH provides culturally sensitive mental health, substance abuse, forensic, and prevention services to children, adults, and families. Contact CCBH at (513) 558-7416 or visit <http://www.centralclinic.org/>.

## **POSTVENTION PLANS**

In the tragic event that a student's life is lost to suicide, the University has adopted a protocol to help assure that it communicates with students and families effectively and with care. To review Policy 4.1.1, *Student Related Critical Incidents Response*, go to <https://suicidepreventionlifeline.org/how-we-can-all-prevent-suicide/>. You may also access the policy by visiting <https://www.uc.edu/suicideprevention.html> and click on the "Postvention Plans" tab.

## **RELATED POLICIES**

Student Related Critical Incidents Response Policy, Policy 4.1.1  
Missing Residents in Campus Housing Facilities, Policy 4.1.2  
<https://www.uc.edu/suicideprevention.html>

## **POLICY UPDATES**

The University strives to provide updated information and will review and update this policy annually. However, from time to time, phone numbers and web links may change before the University has updated the policy. If any of the phone numbers or web links are inactive, please contact the Office of Student Affairs at (513) 556-4119.