

# Suicide Prevention Awareness Month

Lee College believes student success means more than succeeding in the classroom. We support our students' overall well-being, including their mental health. According to the Centers for Disease Control (CDC), suicide is one of the leading causes of death for college students. September is National Suicide Prevention Awareness Month. Lee College wants to increase awareness of the issue and promote resources for support. During September we will host several events on campus, including training and guest speakers, as well as campus displays to remember those lost to suicide. We will also show support to those who are currently struggling with thoughts of suicide.

## Events

### Campus Sidewalk Chalk Messages of Support

- Tuesday, Sept. 3
- Time: 9 a.m.-12 p.m.
- Location: Lee College Fountain
- We will kick off Suicide Prevention Awareness Month by hosting a sidewalk chalk art event, an opportunity to create art and leave supportive messages of suicide prevention on our campus. These messages will spread awareness of mental health and suicide prevention support while fighting the stigma surrounding mental health.

### Question Persuade Refer: QPR Training for Students

- Wednesday, Sept. 4
- Time: 4-5:30 p.m.
- Location: Covestro Room, Student Center, Room 212
- Question, Persuade, Refer (QPR) is a suicide awareness and prevention training that teaches participants about the facts and myths surrounding suicide, the warning signs that often precede an attempt and how to refer someone to additional support resources. By completing this training, students will learn how to recognize warning signs of suicide and practice the skills needed to have meaningful and supportive conversations with those struggling with suicidal thoughts. Participants will receive a certificate upon completion of the training.

### Campus Pinwheel Display

- Monday, Sept. 9-Friday, Sept. 27
- Setup Time: 8 a.m. Monday, Sept. 9
- Location: Courtyard between ATC and John Britt Hall
- At Lee College, we believe in supporting students holistically on their academic journeys to include their mental well-being. According to the CDC approximately 1,100 college students die by suicide each year. To recognize each life lost, there will be a display of 1,100 purple and teal pinwheels to acknowledge the students lost to suicide.

### World Suicide Prevention Day (Suicide Prevention Resource Table)

- Tuesday, Sept. 10
- Time: 11 a.m.-1 p.m.
- Location: Student Center Lobby
- Stop by our resource table to learn about suicide prevention and mental health support resources, collect free swag items, and show your support for mental health awareness and suicide prevention

### **Painting Positivity**

- Thursday, Sept. 12
- Time: 11 a.m.-1 p.m.
- Location: Gazebo behind Moler Hall
- Come out and share your creativity to show support in spreading awareness of suicide prevention. Participants will have the opportunity to decorate posters with supportive messages and artwork that they can take home or leave to be displayed around campus. Self-care is an integral part of mental health, and engaging in creative activities is a great way to relieve stress and maintain a healthy mental state.

### **"Talk Saves Lives," a workshop hosted by the American Foundation for Suicide Prevention**

- Wednesday, Sept. 18
- Time: 11 a.m.-12 p.m.
- Location: Student Center, Room 212
- The American Foundation for Suicide Prevention is a national organization dedicated to preventing suicide and providing support to those who are thinking about suicide as well as those who have lost loved ones to suicide. The "Talk Saves Lives" workshop is an opportunity to learn about suicide prevention and how to have meaningful conversations about suicide to support those who may be struggling with thoughts of suicide.

### **Question Persuade Refer: QPR Training for Faculty/Staff**

- Tuesday, Sept. 24
- Time: 4-5:30 p.m.
- Location: Huddle Building, Room 136
- Question, Persuade, Refer (QPR) is a suicide awareness and prevention training that teaches participants about the facts and myths surrounding suicide, the warning signs that often precede an attempt and how to refer someone to additional support resources. By completing this training, faculty and staff will learn how to recognize warning signs of suicide and practice the skills needed to have meaningful and supportive conversations with those struggling with suicidal thoughts. Participants will receive a certificate upon completion of the training. Staff can register through the professional developmental portal.

### **Wellness Wednesday: Mental Health and Suicide Prevention**

- Wednesday, Sept. 25
- Time: 11 a.m.-1 p.m.
- Location: Student Center Lobby

- In collaboration with the Office of Student Success and Well-Being we will be hosting a mental health resource tabling event as part of the weekly Wellness Wednesday series. Stop by our table to learn about the mental health resources available at Lee College.

### **Re-Color Your Perspective**

- Thursday, Sept. 26
- Time: 10 a.m.-12 p.m.
- Location: Student Center Game Room
- In general, there is a negative stigma that colors people's perception of mental health, mental illness, and suicide. This stigma prevents people from talking about mental health and seeking support resources. We invite you to re-color your perspective by painting over negative statements about mental illness and addressing the myths that keep us from supporting those in need.

## **Mental Health Support Resources**

### **988: National Suicide Prevention Hotline**

- If you or someone you know is struggling with suicidal thoughts or you would like more information on how to support someone who is struggling, please call 988!
- This is a 24/7 call support service that can get you connected with support resources.

### **American Foundation for Suicide Prevention (AFSP) [About AFSP](#)**

- Established in 1987, the American Foundation for Suicide Prevention (AFSP) is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death.
- AFSP is dedicated to saving lives and bringing hope to those affected by suicide, including those who have experienced a loss.

### **National Alliance on Mental Illness (NAMI) [About NAMI](#)**

- What started as a small group of families gathered around a kitchen table in 1979 has blossomed into the nation's leading voice on mental health. Today, we are an alliance of more than 600 local affiliates who work in your community to raise awareness and provide support and education that was not previously available to those in need.

## **Lee College Mental Health Support Resources**

### **Timely Care 24/7 Support App**

- Lee College students have FREE, 24/7 access to virtual care services with Timely Care — the virtual health and well-being platform from Timely MD, designed for college students. Students do not need insurance to access Timely Care services. Download the app at <https://app.timelycare.com/auth/login>.

## Lee College Mental Health Therapist

- Linda Torrez-Mann is a licensed professional counselor and chemical dependency counselor through the state of Texas.
- Linda generally sees students for one to five sessions, by appointment only. Sessions are 45-50 minutes by video, phone, or in her office.
- Visit [Counseling Services Referral/Requests](#) to refer a student for mental health counseling for non-emergency situations. It can be a self-referral (completed by the student) or completed by a faculty or staff member with the student's permission. Once the form is submitted, Linda will contact the student within 24 business hours.