

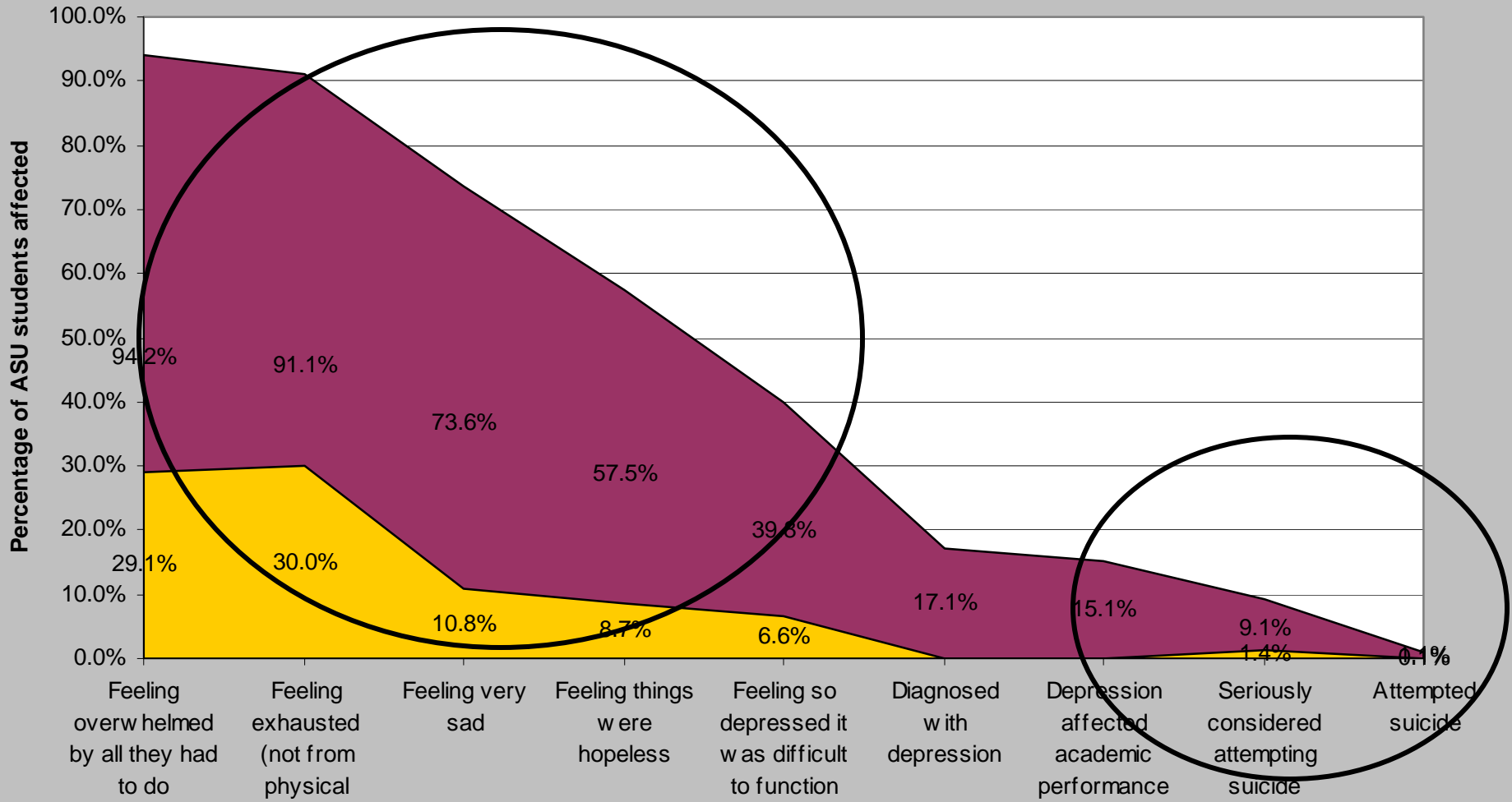
A Cultural Shift: Changing the Look of Suicide Prevention at Arizona State University

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Feelings of Depression at ASU

NCHA-American College Health Assessment (2006) (n=1206)

1+ times in the past school year
 11+ times in the past school year

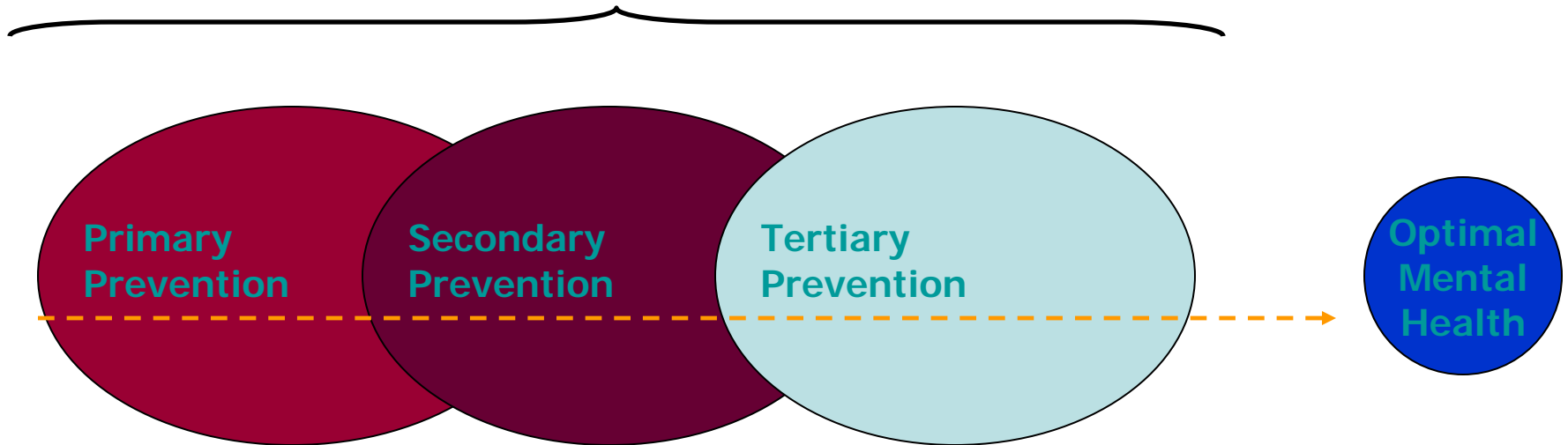


Stress

Distress

The Prevention Continuum

Mental Health Promotion



Suicide Risk Factors

- Sense of isolation
- Lack of close personal relationships
- Poor coping skills
- Impulsiveness
- Mental illness (most commonly depression)
- Substance Abuse

Suicide Protective Factors

- Close personal relationships
- Strong connections to community
- Family support
- Problem solving
- Conflict resolution skills
- Healthy lifestyle (sleep, exercise, nutrition)
- Accessible and effective clinical care for mental, physical and substance use disorders

Strategies for primary and

secondary prevention of suicide?

- Life skills training (coping skills, stress management, assertive communication)
- A caring environment (communicating feelings, listening skills, empathy)
- Meaningful involvement opportunities (volunteer, student organizations)
- Open communication (reduce stigma of mental illness and life's problems)
- Supportive wellness programs (exercise, sleep, nutrition, etc)
- Accessible resources (counseling, crisis hot line)

Gatekeeper Role

- Maintain contact
- Provide opportunities for social interaction
- Model good communication
- Reminder of resources
 - Involvement opportunities
 - Wellness resources
 - Counseling
- Observe and respond to early warning signs
- Be an “everyday hero”