



**FOR IMMEDIATE RELEASE: October 21, 2004**

**Media Contact: Paula N. Arnold, Resources Coordinator 617-618-2467**

**SPRC Phone: 877-GET-SPRC (438-7772)**

**SPRC Issues White Paper on  
*Promoting Mental Health and Preventing Suicide  
in College and University Settings***

The Suicide Prevention Resource Center (SPRC) today issued a white paper, *Promoting Mental Health and Preventing Suicide in College and University Settings*.

This paper summarizes what is known about suicidal behavior among college students and recommends strategies to promote mental health and prevent suicide on campuses. The writing reflects the views of experts in the field of suicide prevention and proposes a blueprint for planning a comprehensive program.

A discussion of the epidemiology of college student suicide and the factors contributing to suicidal behavior is followed by a review of some of the most promising suicide prevention approaches used today. The paper culminates with recommendations for suicide prevention including leadership roles, screening, crisis management, mental health services, means restriction, social marketing and education, and evaluating efficacy and effectiveness of specific strategies.

According to Lloyd Potter, director of SPRC, "A multi-faceted and comprehensive approach to suicide prevention is our best hope of making significant progress in preventing suicide on college campuses. Meeting the needs of students with mental health problems will help them succeed academically, as well as in the workforce, and most importantly, save lives."

*Promoting Mental Health and Preventing Suicide in College and University Settings* is available for reading and downloading at [http://www.sprc.org/library/college\\_sp\\_whitepaper.pdf](http://www.sprc.org/library/college_sp_whitepaper.pdf)



Suicide Prevention Resource Center



## **About SPRC**

As the nation's first federally-funded suicide prevention resource center, SPRC supports communities with the best of science, skills and practice to prevent suicide. The Center provides prevention support, training, and resource materials to strengthen suicide prevention networks throughout the country and advance the National Strategy for Suicide Prevention. The Center is supported by a grant from the Substance Abuse and Mental Health Services Administration

(SAMHSA) and is based at Education Development Center, Inc. (EDC), in Newton, MA. SPRC is a highly collaborative effort between EDC and its partners, which include the American Association of Suicidology, the American Foundation for Suicide Prevention, the Suicide Prevention Action Network, and others.

## **Contact SPRC**

**Call:** 1-877-GET-SPRC (438-7772)

**Visit:** [www.sprc.org](http://www.sprc.org)

**Email:** [info@sprc.org](mailto:info@sprc.org)

**TTY:** 617-964-5448

**Write SPRC:** Suicide Prevention Resource Center  
Education Development Center, Inc.

55 Chapel Street, Newton, Massachusetts 02458-1060.



Suicide Prevention Resource Center

