

Factors that reduce the likelihood of suicide:

- Access to mental health care and support for help-seeking
- Support through ongoing medical and mental health care relationships (A therapeutic alliance with a caregiver-collaborative connection)
- Mental health services including health promotion and wellness, student health and counseling, crisis services, access to local mental health providers and mental health clinics.
- Health and Wellness Services also offers adaptive coping skills/Training/Tools to Bolster Resilience Mechanisms:
 - Psychoeducation
 - Emotional Regulation
 - Communication
 - Goal Setting
 - Problem Solving

Wilkes University

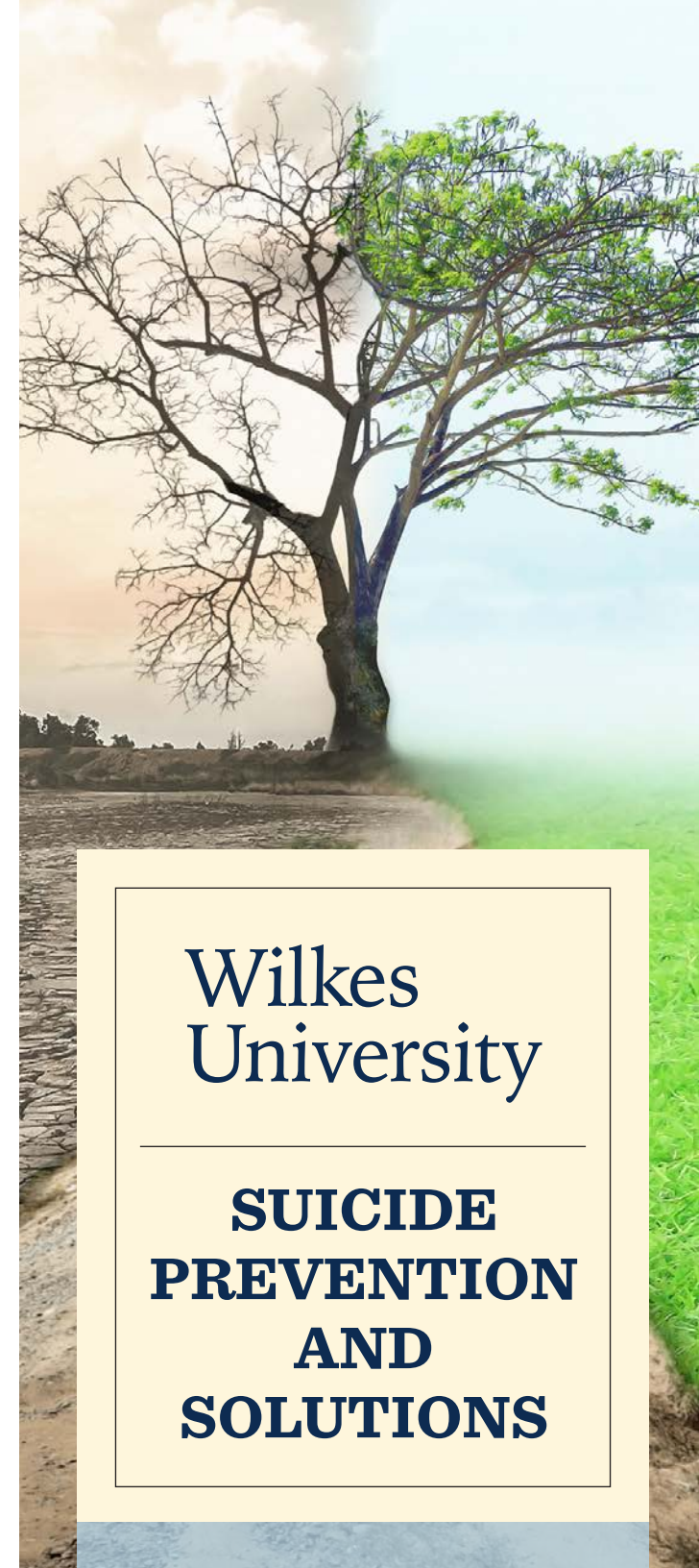
CONTACT:

Student, staff or faculty groups can request to schedule a training session by contacting the Counseling Center at 570-408-4100 or laura.cease@wilkes.edu.

Wilkes University Counseling Center

267 South Franklin Street, Wilkes-Barre, PA 18766

Wilkes University is an equal opportunity institution. For information on the University's Policy on Non-Discrimination, visit www.wilkes.edu/nondiscrimination



Wilkes University

SUICIDE PREVENTION AND SOLUTIONS



You are not alone.

SUICIDE PREVENTION PLAN AT WILKES UNIVERSITY

Wilkes University is committed to providing timely, effective suicide prevention, assessment and intervention and ensures continuous, quality access to professional behavioral health and wellness services. The Suicide Prevention plan is designed to address suicide prevention through the lens of primary and secondary prevention. The program targets gatekeepers, students, faculty and staff to reduce risk for suicide and promote protective factors.

HEALTH AND WELLNESS SERVICES TRAINING

The Counseling Center offers a comprehensive two-hour suicide prevention training program for students, faculty, and staff to educate the campus community on how to prevent suicide and other mental health crises. This education is designed to enhance knowledge, skills and abilities to identify and refer high-risk students; identify and respond to early warning signs and risk behaviors; promote protective factors; increase students' awareness of personal risk and protective behaviors; increase the utilization of resources for counseling and wellness; reduce stigma of mental and behavioral health conditions; engage students, faculty, staff and other key individuals and constituencies in leadership roles to facilitate suicide prevention; and promote wellness on campus.

Participants learn:

- Information about the prevalence of suicide and other related facts
- Risk and protective factors relevant to college students
- Risk factors and warning signs for suicide
- The link between mental health concerns and suicide
- How to promote and increase Protective Factors
- How to respond to students in distress
- Resources for assistance
- What to do in an emergency situation

CONTACT THE COUNSELING CENTER:

570-408-4100

WHAT CAN YOU DO IF YOU FEEL SOMEONE IS AT RISK?

Wilkes University has a 24/7 support system for individuals exhibiting suicidal tendencies or thoughts:

**Monday-Friday,
8:30 a.m.-4:30 p.m.**

Wilkes University
Counseling Center,
570-408-4100.

*Walk-in services available
for emergencies.*

The Wilkes University
Support Line is available
24/7 for any student crisis:
570-408-CHAT (2428)

OTHER RESOURCES:

A full list of local, state and national resources for suicide prevention is listed on the Wilkes University website at wilkes.edu/suicide.