

Suicide Threat / Attempt

Students

Counseling and Psychological Services (CAPS) provides services designed to help students reach a balanced university experience, ranging from various counseling services, educational and preventive initiatives, training programs, outreach and consultation activities, and provide guidance on how to “do something” to fully contribute to a caring healthy community. CAPS specialists provide group counseling, individual counseling, or referrals to undergraduate and graduate University students

MiTALK is a website for students on Ann Arbor, Dearborn, and Flint campuses. It is part of a larger effort on behalf of U-M to provide a comprehensive approach to mental health. This will include an awareness campaign called [do something](#), providing suicide prevention training for students, faculty, and staff called Question, Persuade and Refer or [QPR](#), and a host of activities involving student groups such as SHARE, [PULSE](#), [Finding Voice](#) to help us create a web of support for students at the University of Michigan. MiTalk offers [online screenings](#) for depression and anxiety, skill-building tools to manage stress and academic life, and digitally recorded [workshops](#), [lectures](#), and some [relaxation exercises](#).

For more information on student psychological support, see <http://www.umich.edu/~caps/>, or call (734)764-8312.

Faculty and Staff

FASAP is a University of Michigan program that offers a number of services designed to help staff, faculty, and their immediate family members with personal difficulties encountered at both work and home. Services include:

- Short-term counseling services to all staff, faculty, and their immediate family members on personal, emotional, family and work place issues
- Personalized coaching services to assist with achieving professional or personal goals such as overcoming procrastination, improving work organization and completion of specific projects
- Critical incident, trauma and grief counseling
- Brown/Bag Educational Presentations on a variety of emotional and mental health topics

All FASAP services are free of charge and confidential. See http://www.hr.umich.edu/mhealthy/programs/mental_emotional/fasap/ for more information, or call (734) 936-8660.

Hospitals and Health Centers Employees

The Employee Assistance Program (EAP) is a confidential, no cost service for UMHS Faculty, Staff, and their families. It provides coaching services, mediation services, crisis intervention, assessment and referral, educational and training programs, and supervisory, staff, and team consultations. It also provides assessments, referrals, consultations and short-term counseling services for individuals. All active faculty, staff, and temporary employees and their immediate families are eligible.

See for more information: <http://www.med.umich.edu/mworks/eap/>, or call (734) 763-5409.

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Source

U-M Mental Health Work Group (MHWG)

University Health Service (UHS)

U-M Counseling and Psychological Services (CAPS)

U-M Dean of Students Office (DOFS)

U-M Psychological Clinic

U-M Faculty and Staff Assistance Program (FASAP)

More Information

<http://www.umich.edu/~mhealth/index.html>

www.uhs.umich.edu

<http://www.umich.edu/~caps/>

<http://umich.edu/~dofs/>

<http://www.psychclinic.org/>

<http://www.umich.edu/~fasap/>

<http://survivor.umich.edu/>

Prevention / Mitigation / Preparedness - Suicide Threat / Attempt

Increase student, faculty, and staff awareness of suicide risk factors and signs of potential suicidal behavior in university students.

Promote the available training and education resources to students, faculty, and staff.

Ensure FASAP or EAP coaching for supervisors in how to approach faculty or staff when personal issues or problems may be the cause of performance or conduct issues.

Become familiar with the Psychological Clinic's "Assisting Students in Need" guide at http://www.psychclinic.org/events/resources/resource_guide_fac_staff.html

Be aware of Verbal Symptoms/Cues

1. Discussing and/or making suicide plans
2. Discussing and/or gathering of suicide methods/information
3. Statements that family and friends would not miss them
4. Expression of hopelessness and/or anger at self and the world
5. Direct statements like "I want to die" or "I do not want to live anymore." Indirect statements like "I'm no good to anyone," "Nothing matters anyway," "I want to go to sleep and never wake up," "They'll be sorry when I'm gone."

Be aware of Situational Symptoms/Cues

1. Deep or prolonged grief over any loss - a death, breaking up of a relationship, divorce of parents, death of a pet, etc.
2. Recent suicide in the family or history of suicide in the family
3. Witnessed or experienced recent violence
4. Trouble with the law
5. Persistent problems on campus
6. Family disruption
7. Significant relationship issues
8. Anniversary of a significant loss

Be aware of Behavioral Symptoms/Cues

Previous suicide attempts or gestures

Giving away of personal possessions

Recent loss through death

Dramatic change in campus performance

Being "accident" prone

Taking unnecessary risks

Alcohol and/or substance abuse

Bored attitude, listlessness

Sadness, crying and tearful

Sudden positive behavior change following a period of depression

Chronic failure experiences

Sudden mood swings

Excessive campus absences

Running away

Pulling away from friends

Scratching, cutting, marking body, other self-destructive behaviors

Significant weight increase or decrease

Neglect of personal appearance and hygiene

Death themes through spoken, written and/or artwork

Response - Suicide Threat / Attempt

If you or someone you know is in immediate danger because of thoughts of suicide, there is help for you. Do not hesitate to call. Please reach out for help.

- Call 911
- Call (734) 996-4747 (U-M Psychiatric Emergency Services)

If you or someone you know is not in immediate danger, but needs someone to talk to right now, please call one of the following 24/7, 365 days/year, resources:

- UM Hospital Psychiatric Emergency Services: (734) 996-4747
- LGBT Suicide Hotline: 1-866-4-U-TREVOR
- 1-800-273-TALK (1-800-273-8255)
 - All calls: main number
 - Military Veterans: press 1
 - Spanish speaking: press 2
- Call a friend or family member

Other Actions to Take When Immediate Help is Needed:

If you are a victim of sexual violence (assault, harassment, stalking, dating/domestic abuse), call the 24-hour SAPAC crisis line at 936-3333 (Sexual Assault Prevention and Awareness Center)

Other Actions to Take When Immediate Help is Needed:

Go to the Psychiatric Emergency Room at University Hospital. Have a friend take you or you can call the Department of Public Safety at (734) 763-1131. An officer will transport you to the hospital with professional care and courtesy

Other Actions to Take When Immediate Help is Needed:

Go to CAPS (Counseling and Psychological Services) at 3100 Michigan Union if between the hours of 8AM-7PM Monday- Thursday, 8AM-5PM Friday. Please indicate on the forms you fill out or by telling our receptionist, that you need to be seen immediately

Other Actions to Take When Immediate Help is Needed:

Call CAPS at (734) 764-8312 and ask to speak to the Counselor on Duty during the hours listed above. A trained professional will be available to speak with you

Recovery - Suicide Threat / Attempt

FASAP provides Critical Incident/Trauma Response Stress Debriefings to units impacted by a traumatic loss, major injury accident, situations of threats, or acts of violence. This service can be arranged around the clock — 24/7. FASAP counselors can also assist in scheduling grief education and trauma response services for any group of faculty and/or staff affected by any traumatic event.

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Faculty and Staff Assistance Program (FASAP): <http://www.umich.edu/~fasap/>

UM Survivor Homepage: <http://survivor.umich.edu/>