

THE STALL STREET JOURNAL

Suicide Awareness & Prevention: A Collective Responsibility

September is National Suicide Prevention Month, a time to spread awareness of an overtly stigmatized subject. Because the topic is so often neglected, there are many facts and statistics you may not be aware of.

FAST FACTS AND STATS

- 79% of people who die by suicide are male identified.
- Suicide is the third leading cause of death among 15- to 29-year-olds.
- LGBTQ+ young people are four times more likely to attempt suicide than their non-LGBTQ+ peers.
- Transgender adults are nine times more likely to attempt suicide during their lifetime than their cisgender peers.

Suicide is a serious public health problem, and research shows that prevention requires strategies at all societal levels. Individually, we can educate ourselves to recognize the warning signs of suicide including, but not

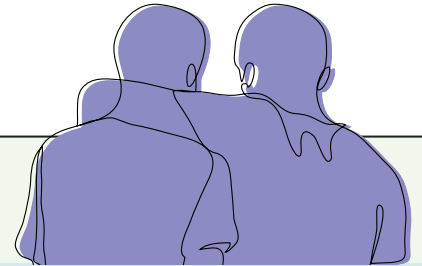
limited to, isolation, loneliness, self-harming behaviors, engaging in risky behavior, substance abuse, drastic mood changes, and sleep disturbances. On an interpersonal level, we should combat stigma by engaging in conversations about suicide and mental illness with peers and family members. These conversations work to normalize the discussion of mental health struggles and create more opportunity for prevention strategies to take place. As a community, we must prioritize education and preventative programs that help people who struggle with mental health conditions and suicidal thoughts. So, you may be asking, how does the Tulane community spread awareness and prevent suicide?

Tulane's Mental Health Resources

Tulane has a variety of mental health and suicide prevention resources that students should feel empowered to utilize. For therapeutic services and well-being management, students can access **Campus Health's Counseling and Psychiatric Services (CAPS)**. CAPS provides a safe,

inclusive, and affirming community for Tulane students who are struggling. They offer a wide array of services that enable students to develop new skills to improve their mental health and overall well-being. CAPS may be accessed virtually or in person at Campus Health, depending on student preference. Available CAPS services include individual therapy, group therapy, psychiatry services, care coordination with community providers, and outreach programming. CAPS also offers same-day consultations during normal business hours for students who need to speak to someone right away. To request a same-day consultation, call **504-314-2277**, and let the patient representative know you'd like to be seen as soon as possible.

Tulane also provides students with a 24/7 crisis support resource—called **The Line**—which can be reached by calling **504-264-6074**. When you want to talk to someone right away, you can call The Line, any time, day or night, for confidential support.



Upcoming Health and Wellness Events



Sept. 5, 2024 | 11 a.m. to 1:30 p.m.
LBC Mezzanine

Menstruation Celebration is a day dedicated to destigmatizing and minimizing the shame around periods. You are invited to embrace this celebration at the Period Party. There will be free menstrual health products available including menstrual cups, disposable absorption products, heating pads and bottles, and resources for menstrual pain support! While we realize that for most getting your period is not a cause for celebration, Menstruation Celebration is about gaining the tools and knowledge to menstruate on your own terms, in a way that is most comfortable to you.

TUgether for Mental Health

Sept. 3 - 30, 2024

The TUgether for Mental Health campaign invites Tulanians to come together to reduce stigma through education, learn new ways to support one another, and build a stronger campus community. This includes starting conversations with our friends, colleagues, and community about the ways mental health show up in our lives and how we can support one another every day and in times of crisis. **Learn more:** care.tulane.edu/tug

Build an Alex Study Break

Sept. 17, 2024 | 3 to 5 p.m.
LBC Pederson Lobby

Join the Well for Health Promotion and the TUgether for Mental Health team for a study break. Eat free snacks and build your own huggable stuffed Alex the Alligator!



Mental Health Fair

Sept. 30, 2024 | 11 a.m. to 1:30 p.m.
LBC Pocket Park

To celebrate the month-long TUgether for Mental Health campaign, please join us for a Mental Health Fair, featuring tables from student organizations, campus departments, and community partners with free resources and giveaways.