



# MOTLOW BUCKS

WE ARE HERE FOR YOU!

## SUICIDE PREVENTION PLAN





# MOTLOW STATE COMMUNITY COLLEGE

## SUICIDE PREVENTION PLAN

📞 931-393-1960

✉️ [counseling@mscc.edu](mailto:counseling@mscc.edu)



### MOTLOW STATE COMMUNITY COLLEGE IS COMMITTED TO THE MENTAL HEALTH WELLNESS OF ITS STUDENTS, FACULTY AND STAFF.

As such, and in compliance with the requirements of **T.C.A. § 49-7-172**, Motlow has developed a suicide prevention plan that engages in a variety of initiatives to improve and provide crisis services.

Motlow's Suicide Prevention Plan will be disseminated to faculty, staff, and students each academic term via campus email and post on the Motlow Counseling Services website. The Counseling Services office will disseminate the plan to students and the Human Resources office will disseminate the plan to faculty and staff. Both offices will record each dissemination.



### PREVENTION

Motlow has developed a comprehensive approach to increase mental health awareness through efforts of prevention.

### CONTACT

- For Counseling Services on campus, please email [counseling@mscc.edu](mailto:counseling@mscc.edu) or call **931-393-1960**. Counseling Services are available at each Motlow campus.
- For immediate help contact the National Suicide Lifeline Number **988** or Text **"TN"** to **741741**.

### PREVENTION COMPONENTS AND RESOURCES

Motlow is committed to and cares about all students. Support services are available for any person at Motlow who is experiencing feelings of being overwhelmed, hopelessness, depression, thinking about dying by suicide, or is otherwise in need of assistance.



# MOTLOW STATE COMMUNITY COLLEGE

## SUICIDE PREVENTION PLAN



931-393-1960



counseling@mscc.edu

Key components of Motlow's suicide prevention work include:

- A suicide or mental health wellness syllabus statement included on Faculty Syllabi for all courses.
- In compliance with the Save Tennessee Students Act, each student at Motlow is issued an identification card that include contact information for suicide and crisis prevention resources.
- Each September, Counseling Services observes National Suicide Prevention Month with outreach efforts and hosts annual Suicide Prevention training for student, faculty and staff.

Promotion of the National Suicide Prevention Lifeline, Crisis Text Line, and campus/ community resources made available through:

- Motlow Counseling Services website, and
- Through additional methods that include brochures, fliers, posters.

Utilizing community resources and agencies to provide prevention services for Motlow community members. Motlow has established relationships with the following local Mental Health facilities for the purpose of providing prevention education and training.

- TSPN (Tennessee Suicide Prevention Network) provides in-person training and programming **(615) 297-1077**.
- Certified QPR Trainer will provide annual QPR (Question, Persuade, Refer) training to faculty and staff.
- For a comprehensive list of community partners and services, which may include crisis referral services, prevention screenings, training programs, etc, contact a Motlow Licensed Therapist at **931-393-1960**.



## INTERVENTION

There is no typical suicidal person. No age group, ethnicity, or background is immune. Fortunately, many troubled individuals display behaviors deliberately or inadvertently that signal their suicidal intent. Recognizing the warning signs and learning what to do next may help save a life.

## CONTACT

If someone exhibits behavioral patterns that may indicate possible risk for suicide, they should be watched closely. If the patterns appear to be numerous or severe, seek professional help at once.

If a student, faculty, or staff member encounters a suicidal student, faculty, or staff member, the following individual should be contacted immediately:



# MOTLOW STATE COMMUNITY COLLEGE

## SUICIDE PREVENTION PLAN

 931-393-1960

 [counseling@mscc.edu](mailto:counseling@mscc.edu)

- Should you encounter a suicidal student, faculty or staff member, a Motlow Licensed Therapist should be notified immediately at **931-393-1960**.
- The National Suicide Prevention Lifeline can be reached at **988** and provides telephone access to trained counselors, 24 hours a day, 7 days a week.
- The Crisis Text Line can be reached by texting "**TN**" to **741741**.



### WARNING SIGNS

<https://www.tspn.org/warning-signs>

- Talking about suicide, death, and/or no reason to live
- Preoccupation with death and dying
- Withdrawal from friends and/or social activities
- Experience of a recent severe loss (especially a relationship) or the threat of a significant loss
- Experience or fear of a situation of humiliation or failure
- Drastic changes in behavior
- Loss of interest in hobbies, work, school, etc.
- Preparation for death by making out a will (unexpectedly) and final arrangements
- Giving away prized possessions
- Previous history of suicide attempts, as well as violence and/or hostility
- Unnecessary risks; reckless and/or impulsive behavior
- Loss of interest in personal appearance
- Increased use of alcohol and/or drugs
- General hopelessness
- Recent experience humiliation or failure
- Unwillingness to connect with potential helpers

If the suicidal person has plans and access to a lethal means, is planning to make an attempt very soon, or is currently in the process of making an attempt, the individual is in imminent danger and should not be left alone.

Get the person help immediately by calling 911. The Motlow Public Safety office will be contacted by local dispatch when 911 is called for emergency situations.

A Motlow Licensed Therapist will respond to the student who is contemplating suicide. If a Licensed Therapist is unavailable, a campus administrator (Dean, Director, Division Leader) who is available should be contacted. Simultaneously, contact Mobile Crisis at 855-274-7471.

If any faculty, staff, or student is severely depressed and/or potentially suicidal after administrative business hours, call the National Suicide Prevention Lifeline at **988**. And if they are actively suicidal, call 911.



# MOTLOW STATE COMMUNITY COLLEGE

## SUICIDE PREVENTION PLAN



931-393-1960



counseling@mscc.edu

### ✓ INTERVENTION RESOURCES

Motlow has established relationships with the following local Mental Health facilities for the purpose of crisis referral services.

**TN Mobile Crisis Services** (855-274-7471) provides crisis response. Services may include: Telephone services provided by trained crisis specialists; face-to-face or telehealth assessment; referral for additional services & treatment; stabilization of symptoms; follow-up services; etc.

**Mental Health Cooperative (MHC)** (615-726-0125) provides a 24-hour walk-in crisis center, located in Davidson County. MHC's emergency psychiatric services are available at this location 24/7 at no cost. Walk-ins are permitted at Metro Center Campus, 275 Cumberland Bend, Nashville, Tennessee 37228.

The safety and wellbeing of our students, faculty, and staff is of the utmost importance. In situations that require immediate action because of safety or other concerns, Motlow will take any reasonable administrative action or accommodation protocols that are appropriate. Such interim actions may include, but are not limited to adjustments to schedules; ADA accommodations; adjustments of course and exam schedules; facilitation of hold; harmless, voluntary withdrawals; incompletes; etc.

### ✓ POSTVENTION

Because all student, faculty, and staff deaths affect our college community, whether that death is accidental, due to illness, or the result of self-inflicted injury, it is important for Motlow to respond to and recognize all deaths in a consistent manner. College leadership and departments tasked with communicating internally and externally have developed a protocol that includes a campus response to any student, faculty, or staff suicide to decrease the trauma experienced by the students and other college community members. The rationale is to address those who are left behind and to help prevent further suicides.

### CONTACT

If a student, staff, or faculty member death occurs by suicide, the following persons, or their designees, should be notified immediately:

- Executive Vice President of Student Success **615-880-7970**
- Motlow Licensed Therapist **931-393-1960**



# MOTLOW STATE COMMUNITY COLLEGE

## SUICIDE PREVENTION PLAN



931-393-1960



counseling@mscc.edu

### ✓ COMPREHENSIVE RESPONSE PROTOCOL

Motlow comprehensive suicide prevention, intervention, and postvention protocol is available to the campus community, campus administration, etc. For more information, please contact a Motlow Licensed Therapist at **931-393-1960**.