



Stigma & Suicide Prevention on FRC Campus 2023

Research shows that the majority of college students who attempt or die by suicide do not access mental health services on campus before the incident of self-harm.



Feather River College
Student Success and
Wellness Center

Suicide is not a topic of preferred discussion. However, our students, friends, family and you are important and must be considered when discussing suicide. Suicide is a leading cause of death among college students. Community colleges in particular serve a high proportion of non-traditional students who are at greater risk of suicide, including older students and commuter students. Also at high risk are international students, LGBTQ students, veterans, and students who come from more adverse or traumatic backgrounds. Preventing suicide on college campuses requires a systemic approach and we are all part of the team and plan committed to preventing suicide. Students who die by or attempt suicide typically do not seek professional help before doing so, making outreach, recognizing signs, and good referral systems that much more critical. These strategies, in conjunction with a caring and informed staff, will support student wellness.

This short overview is intended to help you and the campus strengthen the current suicide prevention efforts and to offer support for building a more comprehensive suicide prevention framework. A comprehensive approach to suicide prevention includes:

1. Identifying risk factors
2. Screening to identify high risk students
3. Encouraging help-seeking and reducing stigma

For many reasons, risk factors can be hard to identify. The main thing is to be aware of any challenges that our students are facing. With our current state of Covid-19 and increased stressors, it is safe to

assume all students are facing difficult times. Keep an eye out for changes in student behavior, and check in with them if you're concerned. Below is a risk indicator chart for behaviors to look for.

<p>Academic</p> <ul style="list-style-type: none"> • Repeated absences from classes • Missing deadlines/not completing assignments • Deterioration in quality of academic work <p>Disruptive behavior in class (e.g., angry remarks, frequent interruptions)</p>	<p>Physical</p> <ul style="list-style-type: none"> • Deterioration of physical appearance • Looking disheveled/not attending to personal hygiene • Excessive fatigue • Visible changes in weight
<p>Personal/Interpersonal</p> <ul style="list-style-type: none"> • Frequent crying spells • Social isolation/withdrawal • Unprovoked anger or hostility • Sad or anxious mood • Significant confusion and/or bizarre statements 	<p>Safety/Risk Indicators</p> <ul style="list-style-type: none"> • Written or verbal statement expressing suicidal thoughts or thoughts of harming others • Giving away of prized possessions • History of suicidal thoughts or attempts • Self-injuries or self-destructive behaviors <p>Concerns about alcohol or other drug use</p>

Staff is frequently considered the first line of contact in reaching suicidal students. While most school personnel are neither qualified nor expected to provide the in-depth screening/assessment or counseling necessary for treating a suicidal student, you can play a pivotal role in a student's life. Taking reasonable and prudent actions to help at-risk students, such as notifying the wellness center, making appropriate referrals to student support services, and contacting administration, is necessary. Protocols exist to refer at-risk students to the Wellness Center or other trained professionals so that the burden of responsibility does not rest solely on you, the individual.

The protocol on FRC campus is listed below:

1. Discuss on campus options with student
2. Outreach the Wellness Center
3. Wellness Center will link student to on-campus or off-campus services

We also encourage walking the student to the Center or directing them to the website, which has been updated with podcasts, YouTube, and other online supports. The Wellness Center uses the Columbia Suicide Assessment, a nationally certified screening tool. If circumstances are unprecedented, contact administration. Remember, it is important to honor confidentiality throughout this process to ensure the student's concerns are kept in confidence.

Here is the Wellness Center contact info:

Phone: 530-283-0202 ext. 205 or 234

Email: wellness@frc.edu

Website: frc.edu/mentalhealth

Lastly, encouraging help-seeking will help to reduce stigma around mental health. This approach takes the involvement of everyone on campus. Stigma hurts everyone by creating more judgment, fear or anger toward people seeking support. Instead, try to direct focus onto the mental health of the individual or what is causing the problem. Stigma can also make people more likely to hide symptoms or illness, keep them from seeking care immediately, and prevent individuals from adopting healthy behaviors. This means stigma can make it more difficult to promote wellness. Stigma reduction strategies can serve diverse outcome goals. Most commonly, interventions seek to increase knowledge, create shifts in attitude, or motivate behavioral change. How can we help build a campus culture that reduces the stigma?

1. Openly discuss the importance of mental health
2. Promote self-care mental health and physical health to students
3. Discuss on-campus, online, and off-campus services in class syllabus

Advocacy and normalizing mental health and wellness on campus can be a powerful tool with which to fight stigma. Participation in advocacy can also reduce self-stigma, contribute to feelings of empowerment, and provide access to peer support and service intervention for students.

The following are available intervention and referral services:

- **FRC Mental Health & Wellness Center:** 1-530-283-0202, ext. 205 or 234.
- **Plumas District Hospital Emergency Room:** 530-283-7111
- **Plumas County Behavioral Health:** 1-800-757-7898 or 530-283-6307
- **Plumas Crisis Intervention and Resource Center (PCIRC):**
 - 24 Hr. Crisis Line: 530-283-4333 or 1-877-757-0029
 - Text: Here2Help to 72727
- **TimelyCare** telehealth partner with FRC : <https://app.timelycare.com/auth/login>
- **National Suicide Prevention Lifeline:** 1-800-273-8255

[1 in 5](#) U.S. adults experience mental illness each year

[1 in 25](#) U.S. adults experience serious mental illness each year

[1 in 6](#) U.S. youth aged 6-17 experience a mental health disorder each year

[50%](#) of all lifetime mental illness begins by age 14, and 75% by age 24

Suicide is the [2nd leading](#) cause of death among people aged 10-34



Suicide Awareness
and Prevention



Feather River College