

# SUICIDE

PREVENTION+RESPONSE



NATIONAL  
LOUIS  
UNIVERSITY

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# INTRODUCTION

Suicide, and the threat of suicide, are issues that every college campus in America faces. According to the Suicide Prevention Resource Center, suicide is the second leading cause of death among Americans 15–24 years of age.

National Louis University takes a student having thoughts of suicide, showing signs of self-harm, or making a suicide attempt or statements very seriously. Immediate action must be taken to assess the degree of danger to the student and level of response required. Our approach is to be proactive in developing support strategies to fully support the student.

Today's college students are under tremendous stress and the addition of academic responsibilities can add additional stress that affects the student's ability to cope with increased responsibility. The Counseling and Wellness Center is prepared to respond and support NLU students in the event of a suicide threat or an act of self-harm. This requires commitment from the community to respond and report student suicidality concerns so we can collaborate in supporting the well-being of our students.

## YOUR RESPONSE IS SIMPLE

**Report and call for assistance by following the Suicide Prevention and Response protocol on the following pages.**



# CONTRIBUTING TO STUDENT WELLNESS

- › Take every complaint or reference to suicide or self-harm very seriously
- › Be supportive
- › Avoid being judgmental or argumentative about moral issues regarding suicide

**Evaluate the immediate risk by asking specific question and generate a conversation in order to gain information on the following:**

- › Is there a suicide plan?
- › Is there a means to carry out the plan?
- › Is there a time schedule?

**REFER TO THE SUICIDE PREVENTION PROCEDURES ON PAGE 5**

**If the individual is armed, remove yourself from the area and call 9-1-1 then Campus Security/Facilities immediately.**

Recognize the limits of your expertise and responsibility. Get help from one of the professional staff in the The Counseling and Wellness Center at 312.261.3636 or [counseling@nl.edu](mailto:counseling@nl.edu).

**If you feel unsafe to be alone, or feel you might hurt yourself:**

Call 9-1-1. If you are on campus, alert campus security/facilities immediately. Contact a local resource on page 8.



# WARNING SIGNS OF SUICIDE

**Listed below are some of the most common warning signs for suicide. However, this is not meant to be an inclusive list; some people may show signs not listed below.**

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself
- Giving away possessions
- Looking for ways to kill oneself by seeking access to firearms, available pills or other means
- Talking or writing about death, dying or suicide
- Feeling hopeless or helpless
- Feeling rage or uncontrolled anger or seeking revenge
- Acting reckless or engaging in risky activities — seemingly without thinking
- Feeling trapped — like there's no way out or feeling like a burden
- Increasing alcohol or drug use
- Withdrawing from friends, family and society
- Feeling anxious, agitated or unable to sleep or sleeping all the time
- Experiencing dramatic mood or behavior changes
- Seeing no reason for living or having no purpose in life
- Previous attempts

The following warning signs are particularly concerning when they are marked changes from how a student would normally behave and/or when the warning signs are preceded by a life-changing event in a student's life.



# SIGNS OF IMMINENT DANGER

**You or the student has inflicted harm to self that a reasonable person would regard as serious.**

- You have ingested, or the student is believed to have ingested substance(s) of which the amount and effects are uncertain
- You or the student has threatened harm to self or talked openly about wanting to harm themselves, and is suspected of using alcohol or drugs
- The extent of self-injury is unknown and the student is apparently unconscious and unresponsive to stimuli



# SUICIDE PREVENTION PROCEDURES

## Expectations of the NLU community

**If you suspect someone is at risk of suicide, ask the following questions:**

- Are you thinking of killing yourself?
- Do you have a plan to kill yourself?
- If you suspect someone is at risk of harming self, make sure the person is not alone and seek professional help IMMEDIATELY
- Call 911 or campus security/facilities and inform them of the situation
- After the student has been connected with counseling services, immediately submit an incident report at [nl.edu/letusknow](https://nl.edu/letusknow)

**If a student threatens suicide (verbal or written) and/or evidence of recent superficial wounds are observed, and the degree of immediate danger is unclear.**

- Offer to connect the student to counseling services
- After the student has been connected with counseling services, immediately submit an incident report at [nl.edu/letusknow](https://nl.edu/letusknow)

**If a student is struggling with their mental health but is not in any immediate danger/imminent connect them to counseling services.**

- Faculty: Send an EAB Alert (Referral to Mental Health Counseling)



# RESPONSE PROTOCOL

Is the student a danger to self or others, or does the student need immediate assistance for any reason?

## YES

Is the student a danger to self or others, or does the student need immediate assistance for any reason?



Call 911 or  
Campus Security/Facilities



Submit incident report at  
[nl.edu/letusknow](http://nl.edu/letusknow)

## NOT SURE

The student shows signs of distress but I am unsure how serious it is. My interaction has left me feeling uneasy and/or concerned



Stay calm and avoid making the student uncomfortable. Offer to connect the student to counseling services



Submit incident report at  
[nl.edu/letusknow](http://nl.edu/letusknow)

## NO

I'm not concerned for the student's immediate safety, but the student is having personal or academic issues and could use more support/resources



Offer to connect the student to counseling services.  
Faculty: Send an EAB Alert  
(Referral to Mental Health Counseling)



# IMPORTANT PHONE NUMBERS

|                                                      |                                                                                        |
|------------------------------------------------------|----------------------------------------------------------------------------------------|
| EMERGENCY                                            | 911                                                                                    |
| National Louis University                            | 888.658.8632                                                                           |
| Chicago Campus Security                              | 312.261.3333                                                                           |
| Wheeling Facilities                                  | 847.947.5555                                                                           |
| Lisle Facilities                                     | 630.874.4444                                                                           |
| Tampa Campus                                         | 813.286.8087 or<br>813.397.2144                                                        |
| Counseling & Wellness Center                         | 847.947.5656                                                                           |
| 988 Suicide & Crisis Lifeline                        | 988                                                                                    |
| Línea 988 de Prevención del Suicidio y Crisis        | 988 (Press 2)                                                                          |
| Veterans 988 Suicide & Crisis Lifeline               | 988 (Press 1)                                                                          |
| Crisis Text Line                                     | Text "START" to 741-741                                                                |
| GLBT National Hotline                                | 888.843.4564                                                                           |
| Hopeline Suicide Prevention                          | 800.442.HOPE (4673)                                                                    |
| NLU Wellness                                         | <a href="http://www.nl.edu/wellness">www.nl.edu/wellness</a>                           |
| Take a free and confidential mental health screening | <a href="http://www.ulifeline.org/nlu">www.ulifeline.org/nlu</a>                       |
| Virtual Care Group                                   | <a href="http://www.thevirtualcaregroup.com/nlu/">www.thevirtualcaregroup.com/nlu/</a> |



# STUDENT RESOURCES

**Local resources if you or someone you know is feeling suicidal**

## **988 SUICIDE & CRISIS LIFELINE**

988

Available 24 hours a day, 7 days a week

The service is available to anyone.

All calls are confidential.

<https://988lifeline.org/>

## **COMMUNITY COUNSELING CENTERS OF CHICAGO**

773.769.0205 (ask to speak to a crisis worker)

Crisis Chat at [www.crisischat.org](http://www.crisischat.org) (online emotional support)

Crisis Text at [www.crisistextline.org](http://www.crisistextline.org)

## **IF YOU ARE WORRIED ABOUT SOMEONE**

More information is available at the American Foundation  
for Suicide Prevention

[afsp.org/find-support/worried-about-someone](http://afsp.org/find-support/worried-about-someone)

## **NLU WELLNESS**

[nl.edu/wellness](http://nl.edu/wellness)

[lifeline.org/nlu](http://lifeline.org/nlu)

## **NLU CAMPUS RESOURCES**

Counseling & Wellness Center

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

Virtual Care Group

<https://www.thevirtualcaregroup.com/nlu/>

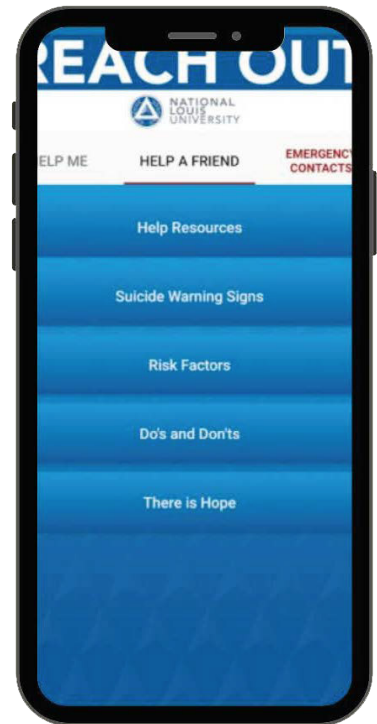


# REACH OUT APP

Someday you may need to reach out for help for a friend, loved one or for yourself.

## BE PREPARED.

National Louis University's **REACH OUT** app provides quick access to support and resources such as crisis hotlines, guidance for helping a friend in need, coping skills, and services offered on campus and in the community.



### SEARCH TERMS:

**ANDROID:** NATIONAL LOUIS UNIVERSITY REACH OUT

**IOS:** NATIONAL LOUIS UNIV-REACH OUT

## FOR MORE INFORMATION:

**CINDY DANZELL**

312-261-3477 | CDANZELL@NL.EDU

Developed in partnership with the Lakeland Foundation



# GATEKEEPER TRAINING

## QUESTION, PERSUADE, REFER (QPR) SUICIDE PREVENTION TRAINING

Just like CPR, QPR is an emergency response to someone in crisis and can save lives. QPR is one of the most widely taught gatekeeper trainings in the world. Register in Eagle Life to attend a workshop or email [cdanzell@nl.edu](mailto:cdanzell@nl.edu) to request a workshop. Open to everyone on campus.





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