

RUOK? Buckeyes is an anonymous interactive screening program designed to identify graduate or professional students at-risk of suicide and encourage them to get help.

Made available through the American Foundation for Suicide Prevention, it starts with an anonymous and confidential online stress and depression survey that is evaluated by a qualified university counselor. Through a portal that ensures anonymous communication, participants receive a personalized written assessment. Participants are invited to correspond with a counselor online to ask questions and discuss concerns about treatment and resources. All contact and correspondence is **anonymous and confidential**.

RUOK? Buckeyes is an effective tool. According to the American Foundation for Suicide Prevention, students who speak with a counselor online are **three times** more likely to see a counselor in person and three times more likely to enter treatment. Additionally, counselors say that **75 percent** of students who get treatment would not have done so without first engaging with an interactive screening program, such as RUOK? Buckeyes.

In the academic year, 2016-2017, **5400** graduate and professional students were sent the email invitation, inviting them to use RUOK? Buckeyes. These students represent the participation of **32** different colleges, departments and programs. Some of these colleges, departments and programs include The John Glenn College of Public Affairs, The Moritz College of Law, The College of Pharmacy, The College of Veterinary Medicine, Educational Studies, Biomedical Sciences, Electrical and Computer Engineering, English, etc.

The feedback from students indicates that they appreciate their academic departments attending to student well-being by offering this service, and that they benefit from the direct support of the RUOK? Buckeyes Program Counselor. RUOK? Buckeyes has also received feedback from graduate and professional program staff, which indicates this service is perceived as a high value for the staff time involved.

Feedback from colleges, departments, and programs are positive. Here are testimonies from departments that have participated in RUOK? Buckeyes:

“I think if everyone is provided an opportunity to receive help, we can only improve the overall mental and emotional health of the institution’s students! Thank you for spearheading this work. Even contact with one student who needed someone to reach out makes the program worthwhile, and this program and its staff made it incredibly easy to do so in a meaningful way.” – Evolution, Ecology & Organismal Biology

“My experience with RUOK? Buckeyes has been an eye-opening opportunity for my department. It has allowed us to conceptualize that students are in need of some mental health services. Reaching out to the students showed that we cared about their well-being. They were not just numbers in our program, they were human beings that may have experienced difficulties in life and we want to assist them along the way. RUOK? Buckeyes allowed us to do that.” – English

“First of all, there was a general "awakening" that there are serious issues in our department, probably in every department - beyond the stress of graduate school. We are exploring seminars and informal presentations that address stress, health and wellness. I've talked to CCS about doing a presentation in our department. We hope this will be a "no - pressure" way for students to become familiar with the available resources, what they actually involve, and understand that it's "ok" to utilize these resources (they are not alone).” – Plant Pathology

The Suicide Prevention Program wants to promote a culture of caring across campus and believes preventing suicide is a shared campus responsibility. RUOK? Buckeyes allows individual colleges, departments, and programs to partner with the Suicide Prevention Program in promoting these beliefs and helps colleges, departments, and programs to take action in telling their students that they care about their emotional and mental well-being. Overall, an emotionally and mentally healthy student will lead to better academic success as well, which is good for everyone. Our hope here at the Suicide Prevention Program is to get RUOK? Buckeyes in every college, department, and program, so that graduate and professional students know that they are not alone, there is help (through campus and community resources), and there is hope. We hope you consider partnering with us to help us reach every graduate and professional student on OSU's campus.

If you have any questions about RUOK? Buckeyes or would like your graduate department or professional college to be a part of this program, please contact us at ruokbuckeyes@osu.edu. For more information or to access the RUOK? Buckeyes portal, please visit <http://suicideprevention.osu.edu/ruok-buckeyes/>