

THE OHIO STATE UNIVERSITY
SUICIDE PREVENTION PROGRAM

Get Involved



THE OHIO STATE UNIVERSITY

OFFICE OF
STUDENT LIFE

COLLEGE OF
EDUCATION AND
HUMAN ECOLOGY

GRADUATE
SCHOOL

MILITARY
AND VETERANS
SERVICES

The mission of **The Ohio State University Suicide Prevention Program (Ohio State-SPP)** is to develop a comprehensive, effective, culturally responsive, technologically advanced and sustainable system of suicide prevention at the Columbus and five regional campuses.



We believe:

Suicide is preventable.

Stigma reduction is critical to reduce suicide risk and promote a campus culture that encourages mental health help-seeking.

Suicide prevention and mental health are critical components of student academic and overall success.

Suicide prevention involves intentional and strategic education, advocacy, and outreach efforts that aim to prevent suicide by emphasizing good mental health.

Active and engaged campus partners and high levels of student involvement are essential to program success because suicide prevention is a shared campus responsibility. We work with experts at Ohio State in the College of Education and Human Ecology, the Office of Student Life, Military and Veterans Services, The Graduate School, as well as a variety of departments and programs around campus and in the local community.

Suicide prevention programming should use, and contribute to, a comprehensive model grounded in empirical research and evidence-based best practices for public health promotion.

Mental health is a shared campus responsibility— **REACH[®] out and get involved!**

REACH[®] Suicide Prevention Gatekeeper Trainings

Register your group or yourself to attend a 90-minute REACH[®] training and become a certified OSU Suicide Prevention Gatekeeper! Learn how to: Recognize warning signs, Engage with empathy, Ask directly about suicide, Communicate hope and Help suicidal individuals to access care and treatment. Consider becoming a staff, faculty, graduate, professional or undergraduate student REACH[®] Trainer!

Undergraduate Student Leadership Development

PROs: Peers REACHing Out

Students accepted as a PRO undergo an intensive semester-long training that prepares them to facilitate REACH[®] trainings for undergraduate students, becoming knowledgeable, effective and professional advocates for suicide prevention among their peers.

BCAS: Buckeye Campaign Against Suicide

BCAS aims to start the conversation that most people are afraid to have! Students in this open group are committed to erasing the stigma surrounding suicide prevention and mental health. BCAS members host the well-known annual RUOK? Day event, Survivor's Luminary Event, and Semi-Colon Project, and often collaborate with other campus groups create outreach events.

Internship Program

Interns selected to join the OSUSPP team for a semester develop skills in outreach, advocacy, professionalism, leadership and administration directly related to mental health stigma reduction and suicide prevention.

Students are encouraged to integrate their internship experiences into their academics, research interests, and career goals. The application process begins in early spring semester.

RUOK? Buckeyes (Graduate & Professional Students)

Graduate and professional programs and colleges are invited to partner with the Ohio State Suicide Prevention Program to implement RUOK? Buckeyes in their area. This brief anonymous online interactive screening questionnaire helps to identify and reach out to graduate and professional students who may be in distress. Students receive personalized written feedback and can confidentially correspond with a licensed counselor to talk about support and resources.

RUOK? Veterans

RUOK? Veterans helps veterans get ahead of the stress, anxiety, isolation and other struggles before it interferes with academic, social and personal daily functioning. Those who complete the RUOK? Veterans questionnaire can freely and confidently receive support while also contributing to the greater understanding of the unique needs of the student veteran population. RUOK? Veterans uses a version of RUOK? Buckeyes specifically designed for veterans.

REACH[®] Across Borders

REACH[®] Across Borders works with international student organizations to design culturally customized events that promote wellness, mental health awareness and suicide prevention. Contact us if you know if you or your student group would benefit from collaborating with us.

Contact Us

**The Ohio State University
Suicide Prevention Program**
PAES Building, Rm A420
305 Annie & John Glenn Avenue
Columbus, OH 43210
614-688-5829

General questions
suicideprevention@osu.edu

REACH® questions
reach@osu.edu

For Crisis Help

**Student Life's Counseling
and Consultation Service**
614-292-5766

**24-hour Suicide and
Crisis Lifeline**
988 / 800-273-8255

Crisis Text Line
Text 4HOPE to 741741