

UTK Area Suicide Prevention Plan

According to the American College Health Association, suicide is the second most common cause of death among college students. Common stress producers, which could lead to suicidal thoughts and attempts, include financial issues, competitiveness and acceptance.

As a result, the Tennessee General Assembly passed a law requiring all state institutions of higher education to establish a suicide prevention plan for students, faculty and staff.

The University of Tennessee's prevention plan and additional resources are available at [UT System Human Resources website](#).

Remember: If you or one of your colleagues are in an emergency or crisis, call 911, reach out to one of your campus or state resources.

Statewide Resources

- **Employee Assistance Program**
 - **855-Here4TN (855-437-3486)**
 - Offers free, confidential assistance to employees and their families and provides a wide range of resources to support employees dealing with many challenges, including but not limited to:
 - Suicidal thoughts
 - Grief and loss
 - Depression, anxiety and stress
 - Family concerns
- **Tennessee Suicide Prevention Network (tspn.org)**
 - **1-800-273-TALK (8255) Text TN to 741741**
 - Available 24 hours a day to help anyone experiencing suicidal thoughts or a mental health crisis.

Prevention

The University of Tennessee provides an Employee Assistance Program through the State of Tennessee. Employees who feel stressed, depressed, anxious, or have other concerns are encouraged to use the EAP hotline as early as possible. **You should not wait until you are having suicidal thoughts – get help as soon as possible.** The EAP number is 1-855-Here4TN, or 855-437-3486.

- Suicide preparedness is one of the best ways to prepare to assist a colleague who may be struggling with suicidal thoughts. Commit to learning the symptoms

of depression and warning signs of suicide. [Register for training through the Tennessee Suicide Prevention Network.](#)

- Resources for working with College students and suicide may be found here: <https://counselingcenter.utk.edu/collegestudentsandsuicide/>
- Question, Persuade, Refer (QPR) suicide prevention training is available for UTK students, faculty and staff through the Student Counseling Center and may be requested here: <https://counselingcenter.utk.edu/community-intervention/community-requests/>
- Ask, Listen, Refer is an online suicide prevention training module for the UTK community and may be accessed here: <http://www.asklistenrefer.org/utk>

Intervention

Many troubled individuals display behaviors that may deliberately or inadvertently signal their suicidal intent. If you, a UT colleague or a UT student exhibit any warning signs, seek help by calling the **National Suicide Prevention Lifeline (800-273-8255)**. Certain risk factors may increase the likelihood that someone in trouble will consider or attempt suicide. To learn more about the warning signs and risk factors, please visit the [UT Suicide Prevention website](#).

- UTK area students who need immediate assistance with thoughts of suicide may call 974-HELP (4357) 24 hours a day every day. Or they can drop in at the Student Counseling center during business hours; M-F, 8-5.

Postvention

The **University's Employee Assistance Program (EAP)**, which can be reached at **855-Here4TN (855-437-3486)**, can offer ongoing support for someone who has either attempted suicide or who is affected by a suicide attempt of a loved one.

- UTK area students needing assistance in dealing with a recent loss or other mental health related concern are encouraged to reach out to 974-HELP (4357) for immediate assistance.

Additionally, eligible employees who need time away from work to seek mental health treatment may do so by requesting leave under the Family and Medical Leave Act or other University leave policies. For more information, contact your [campus human resources office](#).