



## SUICIDE PREVENTION WEEK CHAPTER TOOLKIT

National Suicide Prevention Week is an annual observance that encompasses World Suicide Prevention Day (September 10<sup>th</sup>). For 2017, National Suicide Prevention Week is Sunday, September 10<sup>th</sup> through Saturday, September 17<sup>th</sup>.

Phi Kappa Psi participates in raising awareness through this week as part of the [ELEVATE](#) initiative. This awareness is especially important for the fraternity given how suicide affects men. According to the Movember Foundation, three out of four suicides are men. Globally, we lose a suicide to man every minute of every day.

You can learn more about the week on the following sites:

- [Take 5 to Save Lives](#) – This organization encourages people to take five minutes to learn five actionable steps they can take around suicide prevention.
- [Movember Foundation](#) – Phi Kappa Psi will once again participate in Movember. Their site provides information specific to men and their mental health.
- [International Association for Suicide Prevention \(IASP\)](#) & [American Foundation for Suicide Prevention](#) – These organizations are dedicated to education, research, and training on suicide prevention. Extensive resources are available on their sites.

For you and your chapter, there are three levels of involvement to explore. Consider how you can ELEVATE the conversation on mental health through this week.

### ELEVATE Health & Wellness – Raise awareness through sharing information.

- Share information about your campus Counseling Center at your chapter meeting - hours, location, phone number, services, etc.
- Share that to speak with someone about yourself or someone you are concerned about, you can contact the National Suicide Prevention Lifeline at 1-800-273-8255 (1-800-273-TALK) or use [Lifeline Crisis Chat](#).
  - If you are ever concerned someone's life is in danger, call 911 or go directly to emergency services.
  - The National Suicide Prevention Lifeline is available 24/7 and will connect you with available local resources.
  - For LGBTQ youth, the Trevor Lifeline is available 24/7 at 1-866-488-7386.
- Put the theme for 2017 of “Take a minute, change a life” into action by participating in [Take 5 to Save Lives](#) education as a chapter. This campaign asks you to take 5 minutes to complete five action items related to suicide prevention: Learn the warning signs, Do Your Part, Practice self-care, Reach out, and Spread the word.
  - Put the site up on a screen, and walk through the steps together at a chapter meeting.
  - Have each brother pull up the site on a laptop or phone at a chapter meeting. After he has read through each step, he can indicate he has completed this education, and he can add his name to the list of people who are raising awareness worldwide.
  - Post a picture on chapter social media with #Take5 #NSPW to visually show how you support the week and have taken the time as a chapter to educate yourselves and reduce stigma around mental health.



- Watch an educational awareness video at a chapter meeting and process what you watched together.
  - [Empty Seat PSA](#)
  - [Suicide Notes Talk Too Late](#)
  - [Logic – 1-800-273-8255 ft. Alessia Cara, Khalid](#)
  - [I Jumped Off the Golden Gate Bridge](#)
  - Following the video, process the video together asking:
    - What are your initial reactions? What stood out to you?
    - How do you think this connects to students on our campus?
    - How can we better help brothers who are struggling?
    - What resources and support do we have available to us on-campus and in the community?
    - What can we do now that you have this information? Individually? As a chapter?

---

#### **Get ELEVATED - Participate in educational programs and available trainings.**

- Learn more about the signs of suicidal behavior, as well as available support through the educational resources provided by [Half of Us](#).
- Attend and/or partner with a mental health awareness-based student organization for education. Many campuses have an [Active Minds](#) chapter who may have this available.
- Complete QPR Gatekeeper Training, [Mental Health First Aid](#) and/or other education available to you in your area. Contact Andrea Kleekamp, Director of Health and Wellness at [ark@phikappapsi.com](mailto:ark@phikappapsi.com), if you need help to identify resources in your campus and/or local community.
- [Explore ways to get involved with local suicide prevention organizations/helplines](#). This could be through volunteering, donating supplies/funds, etc.

---

#### **Be Part of ELEVATE - Commit to ongoing conversations.**

- Identify ways mental health can be a regular part of chapter education and discussions.
  - Watch for events happening on-campus or in the community that you might attend. Announce these at chapter, add these to your chapter calendar, and consider going to these as a group.
  - Consider how you might bring the information and resources to your chapter through speakers and workshops. Think about how you might co-sponsor this with other chapters and student organizations.
- If you have a story around mental health that you'd be willing to share with other brothers, contact Andrea Kleekamp, Director of Health and Wellness at [ark@phikappapsi.com](mailto:ark@phikappapsi.com). Sharing a personal experience of how a brother has become involved in health-related causes and awareness is one of the most powerful ways we can encourage our brothers to do the same.
- If you would like your chapter to be spotlighted for your efforts to provide education and raise awareness, contact Andrea Kleekamp, Director of Health and Wellness, at [ark@phikappapsi.com](mailto:ark@phikappapsi.com). As an organization, we would like to spotlight chapters who are leaders in reducing stigma and expanding the conversation around health and wellness.