

RUHS-HIGHER EDUCATION SUICIDE PREVENTION COALITION REPORT

2023
2024

Goal:
Standardize policies and curriculum to promote connectedness and address suicide risk.

Objectives:
1. Increase education and awareness regarding mental illness and suicide amongst college students and staff
2. Assist schools with the implementation of trauma-informed practices.
Promote increased help seeking behaviors amongst college youth.



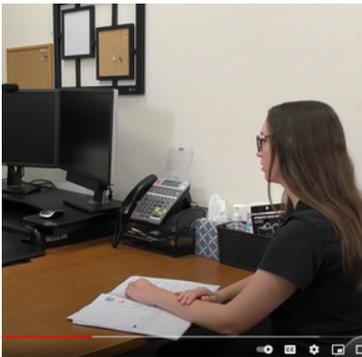
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Summary

During the 2023-2024 academic year, several Riverside County college campuses developed a plan to help disseminate mental health awareness, stigma reduction, and suicide prevention campaigns tailored to higher education communities. This involved creating the following:

- Mental Health Awareness Video
- Script
- Marketing Plan

Outcomes



HELPING A STUDENT IN DISTRESS

WHEN A STUDENT COMES TO YOU FOR HELP, OR YOU'VE IDENTIFIED A STUDENT WHO MAY BE IN DISTRESS, REMEMBER **V.I.C.K.S**

- VALIDATE**
 - Be focused and present in the conversation.
 - Show you understand and express empathy.
 - "You are going through a lot right now. Thank you for sharing."
- IDENTIFY**
 - Notice out loud and express your concern.
 - "I'm noticing these challenges are impacting other parts of your life, like your academics."

Testimonials- Colleges

- Thank you for sharing. I was having this conversation with our HSI committee and reviewing data on Chicana/Latinx mental health trends. I will share this resource with our members and the CSP team/mentors!
- The video helped me know what to do
- This is great, easy to follow, and understand. I love the VICKS acronym
- The script was helpful

