

SEPTEMBER 7-11TH

SUICIDE PREVENTION WEEK



Office of Care & Civility

WELLNESS STARTER KIT

[Printable Wellness Plan](#)

STATS & FACTS

[OCC: Suicide prevention resource page](#)

[CDC: Suicide Prevention Data Visualization Video Series](#)

[CDC: Preventing Suicide Fact Sheet](#)

VIRTUAL EVENTS

How do you know if a friend needs help? Attend Question - Persuade - Refer (QPR) Training

[Tuesday September 8th](#)
[11:30am-12:30pm](#)

[Thursday September 10th](#)
[12:00pm-1:00pm](#)

CAMPUS RESOURCES



Student Support Program
us.myissp.com
Download the app (My SSP)



Care Team
[Refer a Person of Concern](#)
CareTeam@unthsc.edu
[817-735-2740](tel:817-735-2740)



Student Health Services
StudentHealth@unthsc.edu
[817-735-5051](tel:817-735-5051)

NATIONAL RESOURCES



[National Suicide Prevention Lifeline](#)
[1-800-273-8255](tel:1-800-273-8255)



List of resources for suicide prevention
www.samhsa.org