

TCAT Morristown Suicide Prevention Plan

College students are in a state of life transition and can be overwhelmed with new opportunities and new responsibilities. Lifestyle changes, such as sleep deprivation and substance abuse, can contribute to suicidal behavior. In 2020 alone, the U.S. had one death by suicide about every 11 minutes.

- Suicide is the **leading** cause of death for people aged 10-34 years
- Suicide is the **second** leading cause of death for **college** students
- Approximately **1,100** college students die by suicide every year. (tspn.org)

As such, and in compliance with the requirements of T.C.A. § 49-7-1, TCAT Morristown has developed a suicide prevention plan and an associated protocol that engages in a variety of initiatives to improve crisis services.

PREVENTION

- Suicide or Mental Health Wellness Course Syllabus and Handbook/Statement:
Each program syllabus and all TCAT Morristown and program handbooks will prominently display the following statement:

TCAT Morristown is committed to and cares about all students. Support Services are available, and anyone who is experiencing mental health-related distress – whether thoughts of suicide, mental health, substance abuse crisis, or any other kind of emotional distress is encouraged to dial 9-8-8 to be connected to the Suicide and Crisis Lifeline that provides 24/7 confidential support. Veterans may press (1) to be connected to the Veteran Specific Crisis Lifeline.

(Optional to include)

This new emergency number is a direct connection to compassionate, accessible care and support for anyone experiencing distress. In addition, the National Suicide Lifeline Number remains available at 1-800-273-TALK (8255) or Text “TN” to 741741 or the Trevor Lifeline at 1-866-488-7386. Veterans may also wish to contact the Veterans Crisis Line at 1-800-273-8255 (press 1) or Text 838255.

A link to the 988 Suicide and Crisis Lifeline fact sheet can be found online at:

<https://www.fcc.gov/sites/default/files/988-fact-sheet.pdf>.



- Relationships: TCAT Morrystown will establish relationships with local Mental Health facilities for the purpose of providing annual suicide prevention education and outreach, programming, and/or prevention screenings.

TCAT Morrystown has a relationship in place with the following community agencies, hereby referred to as Agency, to provide the noted services

Agency 1: Cherokee Health Systems

Services provided:

- Adult primary & behavioral care
- Child & adolescent Care
- Women’s services
- Addiction services
- Pharmacy
- Social services
- Hispanic and immigrant services
- Prescription medication refills
- Crisis services
- Getting copies of medical records

Contact Information:

- Appointments & Info for New Patients: 1-866-231-4477
- Marketplace Health Insurance Assistance: 1-866-672-1979
- Pharmacy: 1-866-461-4372
- Communications and Development: 1-865-934-6710

Crisis Contact Information: Emergency number **Dial 9-8-8**

- Cherokee Health Systems Mobile Crisis: 1-800-826-6881
- Adult Statewide Crisis Telephone Line: 1-855-274-7471
- National Suicide Prevention Lifeline: 1-800-273-8255

Source: www.cherokeehealth.com

Agency 2: Helen Ross McNabb Center

Services Provided:

Adult Services

- Mental health services
- Substance abuse & co-occurring services
- Social and crisis services
- Domestic violence services
- Sexual Assault Center of East Tennessee
- Criminal justice services

Children, Youth & Family Services

- Early intervention & prevention services
- Mental health services
- Substance abuse & co-occurring services
- Social services
- School-based services
- Juvenile justice services
- Foster care & adoption

Contact Information

- Main Line: 800-255-9711

Crisis Contact Information

- Mobile Crisis Unit (All Ages) 865-539-2409
- Adult Crisis Stabilization Unit 865-541-6958
- Family Crisis Center (Domestic Violence) 865-637-8000
- Sexual Assault Center of East TN 865-522-7273
- Safe Place 865-523-2689

Source: www.mcnabbcenter.org

Information regarding such relationships at TCAT Morristown is available in Student Services and in the Student Handbook which can be found at <https://tcatmorristown.edu/current-students/student-handbookcatalog>. Student Services will have available a comprehensive list of partners and services available to members of the TCAT Morristown community which may include crisis referral services, prevention screenings, training programs, etc.

- Training: TCAT Morristown will provide annual suicide prevention training to faculty and staff. The training can be scheduled/offered through third party providers via relationships with community-based organizations/individuals and/or the Tennessee Suicide Prevention Network or local agency.
- Dissemination of Information: TCAT Morristown will promote the available resources related to suicide prevention services to include, but not be limited to, its Partnership Relationships, campus resources, the National Suicide Prevention Lifeline, and/or Crisis Text Line on the TCAT Morristown website and/or additional campus media and training formats.
- TCAT Morristown will disseminate a link to the plan each academic term via appropriate and effective channels of communication to faculty, staff, and students, e.g. email, mass text, social media, handbook, etc. Student Services will be responsible to disseminate the plan and record each dissemination.

- TCAT Morristown will distribute Resource Guides/Packets during student orientation. Sample brochures, including Saving College Student Lives in Tennessee is available by contacting the Tennessee Suicide Prevention Network or directly through this link ([TN Suicide Prevention Brochure](#)).

INTERVENTION

SUICIDE WARNING SIGNS

A list of potential warning signs

There is no typical suicidal person. No age group, ethnicity, or background is immune. Fortunately, many troubled individuals display behaviors deliberately or inadvertently signal their suicidal intent. Recognizing the warning signs and learning what to do next may help save a life.

The Warning Signs: The following behavioral patterns may indicate possible risk for suicide and should be watched closely. If they appear numerous or severe, seek professional help at once. The emergency number is 988. The National Suicide Prevention Lifeline at 1-800-273-TALK (8255) provides access to trained telephone counselors, 24 hours a day, 7 days a week or the Crisis Text Line by texting TN to 741 741.

- Talking about suicide, death, and/or no reason to live
- Preoccupation with death and dying
- Withdrawal from friends and/or social activities
- Experience of a recent severe loss (especially a relationship) or the threat of a significant loss
- Experience or fear of a situation of humiliation or failure
- Drastic changes in behavior
- Loss of interest in hobbies, work, school, etc.
- Preparation for death by making out a will (unexpectedly) and final arrangements
- Giving away prized possessions
- Previous history of suicide attempts, as well as violence and/or hostility
- Unnecessary risks; reckless and/or impulsive behavior
- Loss of interest in personal appearance
- Increased use of alcohol and/or drugs

- General hopelessness
- Recent experience humiliation or failure
- Unwillingness to connect with potential helpers

Feelings, Thoughts, and Behaviors

Nearly everyone at some time in his or her life thinks about suicide. Most everyone decides to live because they come to realize that the crisis is temporary, but death is not. On the other hand, people in the midst of a crisis often perceive their dilemma as inescapable and feel an utter loss of control. Frequently, they:

- Cannot stop the pain
- Cannot think clearly
- Cannot make decisions
- Cannot see any way out
- Cannot sleep, eat, or work
- Cannot get out of the depression
- Cannot make the sadness go away
- Cannot see the possibility of change
- Cannot see themselves as worthwhile
- Cannot get someone's attention
- Cannot seem to get control

What Do You Do?

1. Be aware. Learn the warning signs listed above.
2. Get involved. Become available. Show interest and support.
3. Ask if they are thinking about suicide.
4. Be direct. Talk openly and freely about suicide.
5. Be willing to listen. Allow for expressions of feelings and accept those feelings.
6. Be non-judgmental. Avoid debating whether suicide is right or wrong, whether someone's feelings are good or bad, or on the value of life.
7. Avoid taunting the person or daring him/her to "do it."

8. Avoid giving advice by making decisions for someone else to tell them to behave differently.
9. Avoid asking, “Why?” This only encourages defensiveness.
10. Offer empathy not sympathy.
11. Avoid acting shocked. This creates distance.
12. Don’t keep someone else’s suicidal thoughts (or your own) a secret. Get help, silence can be deadly.
13. Offer hope that alternatives are available. Avoid offering easy reassurance; it only proves you don’t understand.
14. Take action. Remove anything that the person could use to hurt themselves. Get help from individuals or agencies specializing in crisis intervention and suicide prevention.

Who Can You Talk To?

- A community mental health agency
- A private therapist
- A school counselor or psychologist
- A family physician
- A suicide prevention/crisis intervention center
- A religious/spiritual leader

If you or someone you know is severely depressed, potentially, or actively suicidal, call the Suicide and Crisis Lifeline at 9-8-8 or the National Suicide Prevention Lifeline at 1-800-237-TALK (8255). Trained counselors in your area are standing by to provide you with the help you need.

Saving College Student Lives in Tennessee:

Saving College Student Lives in Tennessee is a brochure available through The Tennessee Suicide Prevention Network, which can be found at ([TN Suicide Prevention Brochure](#)): This brochure provides information about signs and risk factors, related to the potential for suicide, as well as resources and information on how to help.