

# MindWise on Campus<sup>®</sup>

## Suicide Prevention for Students

Developed by the creators of SOS Signs of Suicide, an evidence-based program trusted by thousands – **MindWise on Campus is a 30-minute online training that uses video and interactive learning to teach students how to ACT (Acknowledge, Care, Tell) if they're worried about themselves or a friend.**

Because mental health concerns often first appear between the ages of 18 and 25<sup>1</sup>, college campuses can be an ideal place to educate students about suicide prevention.

The MindWise on Campus course uses real and diverse stories of mental health struggles and recovery to provide students with resources and actionable steps to support themselves and their peers.

### Key Learnings Include:

- How students can recognize signs of suicide risk in themselves or a friend
- How to have a difficult conversation that encourages someone to seek help
- How to build strong peer connections that foster positive mental well-being
- An overview of available student mental health resources, on and off-campus

### Benefits:

- **\$995 per campus, per year covers the cost of every student**
- Includes online course, practice activities, Admin Toolkit, and Group Facilitation Guide
- Appropriate for students across colleges, universities, and graduate programs
- Automatic weekly reports allow you to track course completion
- Promotes a wide range of local and national mental health resources

“ Although suicide is preventable, it's the second most common cause of death among college students. MindWise on Campus will give young adults the knowledge and confidence to recognize signs of suicide and ACT accordingly”

Meghan Diarnon, LCSW  
Program Director, Suicide Education  
MindWise Innovations



<sup>1</sup> National Institute of Mental Health