MindWise on Campus: Suicide Prevention for Students

Developed by the creators of SOS Signs of Suicide, an evidence-based program trusted by thousands — MindWise on Campus is an 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, 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
• Access to two easy-to-deliver learning models for individuals and student groups
• Appropriate for students across colleges, universities, and graduate programs
• Reporting feature allows you to track training 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 Diamon, LCSW
Program Director, Suicide Education
MindWise Innovations

1 National Institute of Mental Health
One License, Two Learning Paths

The purchase of an annual MindWise on Campus license includes access to two types of learning paths for your college or university.

We know every school community is different, so learning paths may be used individually or reinforced together throughout the school year. Designed to be flexible, schools can utilize MindWise on Campus as an introduction to suicide prevention, incorporate it into existing programming curriculums, or offer it as an additional campus resource.

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<thead>
<tr>
<th></th>
<th>Self-Guided</th>
<th>Peer-Led</th>
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<tbody>
<tr>
<td><strong>Audience</strong></td>
<td>Individual Students</td>
<td>Student Groups</td>
</tr>
<tr>
<td><strong>Format</strong></td>
<td>Online</td>
<td>In-person with Discussion</td>
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<tr>
<td><strong>Course Length</strong></td>
<td>30 Minutes</td>
<td>45-60 Minutes</td>
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<td><strong>Training Required</strong></td>
<td>None</td>
<td>None</td>
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<td><strong>Recommended Uses</strong></td>
<td>Offer as part of freshmen orientations or participation in campus activities, such as sports, clubs, or Greek Life</td>
<td>Utilized by student groups, such as Resident Advisors, student leadership groups, or campus advocates</td>
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<td><strong>Additional Materials</strong></td>
<td>Includes optional extension content, such as extra practice activities to reinforce course learnings</td>
<td>Includes a marketing toolkit to encourage student participation and help spread the word across your campus</td>
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<tr>
<td><strong>Cost</strong></td>
<td>Included with $995 license</td>
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