



Suicide affects everyone and all healthcare professionals need to know the warning signs.

For more information or to get involved contact:

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For counseling services at Jefferson:

Students, Residents, and Fellows contact the Student Personal Counseling Center at **215-503-2817**

Faculty and Staff contact FIRSTCALL at **1-800-382-2377**

If you or someone you know is in crisis, call:



www.JeffHELP.org

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JeffHELP

You're not alone

www.JeffHELP.org

What is JeffHELP ?

JeffHELP is a grant-funded project aimed at developing a sustainable mental health awareness and suicide prevention program for the entire Jefferson community through:

H – Heightened Awareness

E – Educational Enhancements

L – Linkages to Services

P – Promoting Healthy Behaviors

Why Is This Important to Me?

- Suicide is the second leading cause of death among American college students.
- Medical students and students in other health professions face an increased risk for suicide compared to controls.
 - Depression rates between 10-25%
 - Burnout and compassion fatigue
 - Reluctance to use mental health services
- Suicide affects everyone and all healthcare professionals need to know the warning signs.

JeffHELP's 4 Main Objectives

H – Heightened Awareness

The main focus is to increase awareness of suicide and associated risk factors through outreach to students, faculty, and staff. To achieve this goal we will:

- Develop print materials for distribution.
- Promote existing resources on our website.
- Produce a video series on topics of decreasing stigma, promoting help-seeking, and clinical strategies for assisting patients and peers to seek help.

E – Educational Enhancements

Our educational mission is to inform the community about suicide risk factors, warning signs, and risk assessment. In accomplishing this, we will:

- Place clinical training sessions into existing curricula in all schools and colleges.
- Offer training to faculty through Grand Rounds and other venues.
- Use our website to provide further educational opportunities including resources and online trainings.

L – Linkages to Services

This objective includes strategies to promote counseling services available to students, faculty, and staff at Jefferson. Several strategies will be used, including:

- Utilizing a web portal for confidential referrals to the Student Personal Counseling Center.
- Employing the Interactive Screening Program and Behavioral Health Screen as tools to better identify and engage students who may be at increased risk for suicide.
- Working with FIRSTCALL to help link faculty and staff to EAP resources.

P – Promoting Healthy Behaviors

This objective focuses on promoting health practices to increase wellness and improve mental health. This will be accomplished by:

- Working with the Jefferson IBC Wellness Center and the Center for Integrative Medicine.
- Developing supportive networks and options for students and employees (both university and hospital) to address quality of life, stress, conflict, resilience, spirituality, etc.
- Providing supports for survivors of those who have died by suicide.

What Do I Gain by Getting Involved?

- Valuable clinical skills in assessing suicide risk among patients and peers.
- Research experience in a practical project where your voice and ideas matter.

How Can I Help?

Participation in **JeffHELP** is open to **every member of the Jefferson community**; all students, faculty, and staff.

We are forming a Task Force targeting each of the four main objectives. We are looking for motivated individuals to assist in all aspects of the project, from attending planning meetings to distributing materials to generating new ideas to present before senior leadership at Jefferson.

Everyone is welcome and no amount of involvement is too small.

If you are planning events for your organization or department or looking for Grand Rounds speakers, please contact us about collaborating with JeffHELP.