

SUICIDE and SELF-HARM

Source: National Council Magazine | 2012, Issue 2



A person dies by suicide **every 15 minutes** in the U.S.

#2

Suicide is the **second leading cause** of death among 25–34 year olds.



For every one suicide, there are **25 attempts**.

If you're considering suicide/self-harm, or you're concerned for a friend, there is help.

CALL SAFECAMPUS

206-685-SAFE (7233)

WARNING SIGNS

of those who may be considering harming themselves:

- ▶ Hopelessness/helplessness
- ▶ Panic/anxiety
- ▶ Feelings of guilt and/or shame
- ▶ Depression
- ▶ Moodiness
- ▶ Irritability/anger
- ▶ Talking about suicide, making a plan, or preoccupation with death
- ▶ Injuring self
- ▶ Drug or alcohol abuse
- ▶ Withdrawal from family/friends
- ▶ Loss of interest in things that one normally cares about

If you know someone who is suffering from depression and/or suicidal thoughts, help them—speak up, reach out!

Suicidal thoughts and behavior among adults (ages 18+)

8.7 million reported having serious thoughts about suicide

2.5 million made suicide plans

1.0 million made plans and attempted suicide

1.1 million attempted suicide

Additional Campus Safety Resources



HUSKY NIGHTWALK
206-685-WALK (9255)
UW security guards to walk with you. 6 p.m.–2 a.m. every night except holidays.



UW ALERT
uw.edu/alert
Sign up to receive official email/texts during emergencies or crisis situations.



NIGHTRIDE
206-685-3146
Shuttles from campus to two zones within one mile of campus. SUN–THURS 8 p.m.–12:15 a.m. during the academic year. Free with a U-PASS.

ABOUT SAFECAMPUS

The mission of the SafeCampus campaign is to foster a safe and secure UW campus community. UW faculty, staff, and students share the responsibility of carrying out this mission.

It is impossible to predict who will commit violence or when it will occur, but it is possible to identify situations which might lead to violence. Early identification and intervention with appropriate resources or referrals to services that can assist with coping strategies, reducing stress, and/or resolving problematic situations helps reduce the risk of violence occurring.

The Violence Prevention and Response Program (aka, SafeCampus) acts as the central point of communication and the coordinating unit for violence mitigation activities across the UW. SafeCampus works in partnership with key players in campus safety and violence prevention, including Student Life, Human Resources, the Bothell and Tacoma campuses, UW and Harborview Medical Centers, the UW Police Department, Academic Human Resources, and the Graduate School.

SafeCampus telephone numbers are answered by staff specially trained to receive reports of potentially violent situations and provide resources and referrals to UW services. SafeCampus numbers are available 24/7.

Seattle..... 206-685-SAFE (7233)
Bothell.....425-352-SAFE (7233)
Tacoma..... 253-692-SAFE (7233)

When a situation of concern is reported, SafeCampus collaborates with affected UW partner departments to develop a coordinated response that mitigates the occurrence of UW campus violence.

Violence Prevention Training

Training for your work or student group is especially effective because it allows participants to think about violence prevention in the context of the group's unique needs.

To arrange online or in-person training for your department, workgroup, or interest group, send a request to safecampus@uw.edu.

CAMPUS PARTNERS

▶ **UW Police**
Emergency911
Non-emergency.....206-543-9331
206-685-8973

▶ **Medical Centers' Public Safety Offices**
UWMC.....206-598-4082
Harborview/Emergency 206-744-5555
Harborview/Non-emergency.....206-744-3193

▶ **UWPD Victim Advocate**.....206-543-9337
Provides personal safety planning and information about resources, protection orders, reporting options, and navigating the criminal justice system. police.uw.edu/aboutus/divisions/operations/criminalinvestigations/victimadvocacy

▶ **UW Human Resources Consultants**
Provide information about leave eligibility use, planning time away from work for legal reasons, etc. uw.edu/admin/hr/contacts/servicecms

▶ **UW CareLink**.....866-598-3978
TTY/TDD: 877-334-0489
Short-term confidential counseling services for faculty and staff at no cost. 24/7 phone lines. uw.edu/admin/hr/benefits/worklife/carelink

▶ **UW Counseling Center**.....206-543-1240
Responds to students in crisis situations and consults with faculty, staff, and parents who have concerns about a student. uw.edu/counseling

▶ **Hall Health Mental Health Clinic**....206-543-5030
Mental health services for students, faculty and staff, including assessments, therapy, medication evaluation and management; and referrals. hallhealth.washington.edu/mentalhealth

▶ **Health & Wellness Suicide Intervention Program**206-543-6085
Provides connection to mental health services on- and off-campus. hwsip@uw.edu | livewell.uw.edu

▶ **Health & Wellness Student Advocate**.....206-685-4357
Works with students affected by sexual assault, dating violence, and stalking, to offer support and guide them through their rights, options, and resources. hwadvoc@uw.edu
depts.washington.edu/livewell/advocate

uw.edu/safecampus

You know that feeling.
SOMETHING ISN'T RIGHT. You don't have to deal with it alone. *Ask for help.*

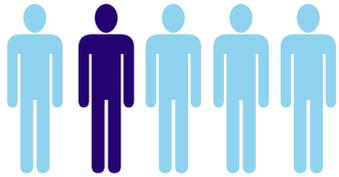


IF YOU'RE CONCERNED FOR YOURSELF OR A FRIEND, CALL SAFECAMPUS.
206-685-SAFE (7233)



WORKPLACE VIOLENCE

Source: U.S. Dept of Labor, Bureau of Labor



Nearly **1** out of **5** occupational fatalities is attributed to workplace violence.



Of these, there is a **greater than 1 in 3** chance that the fatality was caused by a relative or domestic partner.

When a victim of relationship violence leaves his/her abuser, **where is the one place the abuser knows the victim will be every day?** → **At work.**

If you notice behaviors that make you or others uncomfortable, trust your instinct to

ask for help.

CALL SAFECAMPUS

206-685-SAFE (7233)

SUPERVISORS are responsible for reporting incidents of violent or threatening behavior. Direct threats require immediate response.

Behaviors of concern indicate the potential for workplace violence.

They include:

- ▶ Overreaction to situations
- ▶ Exhibiting marked performance decline and/or attendance problems
- ▶ Encountering serious stress in personal life: financial, family, health, or marital problems
- ▶ Blaming others for anything that goes wrong, with no sense of one's own responsibility
- ▶ Perceiving disgrace or loss of options due to failure
- ▶ Conflicts with peers, supervisors, customers; belligerence or other inappropriate behavior
- ▶ Causing fear on the part of co-workers/students

Relationship Violence-specific behaviors:

- ▶ Arriving to work late or very early
- ▶ Unplanned or increased time off
- ▶ Decreased productivity or difficulty concentrating on tasks
- ▶ Tension around receiving repeated personal phone calls
- ▶ Repeated discussion of marital/relationship problems
- ▶ Noticeable injuries w/ vague explanations and excuses
- ▶ Signs of fear, anxiety, depression, fatigue

More information...

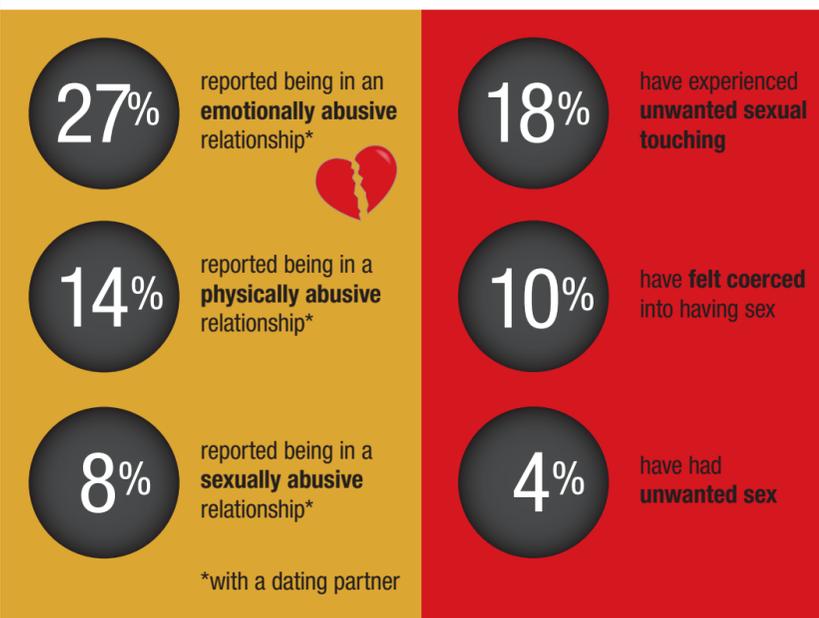
For a full list of **Behaviors of Concern**, visit uw.edu/safecampus

Review the complete **UW Policy & Procedure on Violence in the Workplace** at: uw.edu/admin/hr/pol.proc/work.violence/wk.viol.policy

RELATIONSHIP VIOLENCE

Source: Campus Safety Survey of University of Washington undergraduate students, April 2011

You are not alone.
Since coming to the University...



“What do I do?”

If you want to talk to someone about your situation, call the **SafeCampus** phone line:

206-685-SAFE (7233)

What is Relationship Violence?

PHYSICAL ABUSE

- ▶ Hitting
- ▶ Shoving
- ▶ Biting
- ▶ Kicking
- ▶ Throwing things
- ▶ Blocking the doorway

EMOTIONAL ABUSE

- ▶ Name-calling
- ▶ Yelling
- ▶ Intimidation
- ▶ Extreme jealousy
- ▶ Isolating you from your friends and family
- ▶ Blaming you for their feelings or failures

SEXUAL ABUSE

- ▶ Being forced to do something sexual
- ▶ Doing something sexual with you when you are too drunk to consent

UW RESOURCES

Health & Wellness Student Advocate

Works with students affected by sexual assault, dating violence, and stalking, to offer support and guide them through their rights, options, and resources.

- ▶ 206-685-4357
- ▶ hwadvoc@uw.edu

UWPD Victim Advocate

Works with faculty, staff, and students to provide personal safety planning and information about resources, protection orders, reporting options, and navigating the criminal justice system.

- ▶ 206-543-9337

FAQs

What types of calls do you get?

We work with individuals who have safety concerns due to relationship violence, stalking, harassment, intimidation, cyberstalking, interpersonal conflicts at school or work, and suicidal thoughts. We also receive calls where there isn't a safety concern yet, but the witnessed behavior is strange, erratic, alarming, or just plain doesn't feel right. If you have a gut feeling that something is "off," or if a situation is escalating, someone may be in danger, or you have a feeling that you should tell someone, call us.

Who do you get calls from?

We receive calls from faculty, staff, and students who have concerns about inappropriate/concerning behavior. Sometimes the concerns are about another member of the UW community, but they can also be about a member of the public, a romantic partner, or family member. We've worked with callers on all three campuses, UWMC, and Harborview Medical Center, as well as students studying abroad, and even UW researchers on ocean freighters!

If I have a problem or concern about a student or staff member, where do I start?

SafeCampus is the place to start! We have Violence Prevention and Response specialists trained to take your call, connect you with resources, and put safety measures in place to reduce the chances of violence occurring. Since we're available 24/7, you will always reach someone who can address your concerns. If we're not the right resource for you, we can connect you to UW and community resources that might be a better fit.

How do I report a concerning situation to SafeCampus?

Call 206-685-SAFE to talk with one of the specialists. You can also email us at safecamp@uw.edu, though you will reach someone faster by telephone.

What hours can I call?

The SafeCampus line is answered 24/7!

What can I expect when I call SafeCampus?

The Violence Prevention and Response Specialist you speak with will want to know the specifics of what happened or what your concerns are. So, what happened? When did it happen? Who was involved? What do you fear might happen? Have you shared your concerns with anyone else? What would you like to see happen?

What happens next?

Depending on the situation, we may enact immediate steps to make a situation safer for a person who may be at risk. With our campus partners, we design a coordinated response to the reported situation. The SafeCampus team will evaluate the need for a formal violence prevention assessment where representatives of appropriate UW departments participate.

What if I already have a Protection Order?

The UW Policy and Procedure on Violence in the Workplace states that you should provide a copy to the UW Police Department to discuss the details of the order so that they can enforce it. Then, notify UW SafeCampus. There are many ways we can improve your safety at work or school via personal safety planning, a workplace security assessment/plan, and connecting you with one of our UW Victim Advocates. We regularly create Alert Bulletins for your teachers or coworkers so that they can be on the lookout for the Respondent and alert police if a violation occurs. SafeCampus has a victim-centered approach and will let you make the decisions about what you'd like to do and whom you want to know about your situation.

Is calling SafeCampus confidential?

We will only share information on a need-to-know basis with our campus partners, and we will discuss it with you in advance. If you aren't comfortable giving names, you can always call and discuss a concerning situation with us and we will troubleshoot it with you. We are happy to answer any questions about our process.