



TENNESSEE COLLEGE
OF APPLIED TECHNOLOGY
— MURFREESBORO / SMYRNA —

SUICIDE PREVENTION PLAN

We are here to help and provide the resources you
may need!

Tennessee College of Applied Technology Murfreesboro Suicide Prevention Plan

TCAT Murfreesboro is committed to the mental health wellness of our students, faculty and staff. As such, and in compliance with the requirements of **T.C.A. § 49-7-172**, TCAT Murfreesboro has developed a suicide prevention plan that engages in a variety of initiatives to improve and provide crisis services.

TCAT Murfreesboro's Suicide Prevention Plan will be disseminated to faculty, staff, and students each academic term. The Plan will be made available on our website and also a copy may be retrieved from the Student Services or Human Resources Office.

Prevention

TCAT Murfreesboro has developed a comprehensive approach to increase mental health awareness through efforts of prevention.

Contact

TCAT Murfreesboro's contact for suicide prevention work is Cindy Beverley, Student Services Coordinator, 615-898-8010 ext. 132.

Smyrna Campus contact for suicide prevention work is Brittany Jones, Assistant Student Services Coordinator, 615-898-8010 ext. 205.

Prevention Components & Resources

Key components of TCAT Murfreesboro's suicide prevention work include:

A suicide or mental health wellness syllabus statement included on Faculty Syllabi for all courses. TCAT Murfreesboro is committed to and cares about all students. Support services are available for any person at TCAT Murfreesboro who is experiencing feelings of; being overwhelmed, hopelessness, depression, thinking about dying by suicide, or is otherwise in need of assistance. For immediate help contact the National Suicide Lifeline Number 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.

- Promotion of the National Suicide Prevention Lifeline, Crisis Text Line, and campus/community resources are made available through:
 - TCAT Murfreesboro's website www.tcatmurfreesboro.edu
- Utilizing community resources and agencies to provide prevention services for TCAT Murfreesboro community members. TCAT Murfreesboro has established relationships with the following local Mental Health facilities for the purpose of [providing prevention education, training and/or prevention screenings].
 - Guidance Center 2126 N. Thompson Lane 615-898-0771

Additional Information

Information regarding such relationships at TCAT Murfreesboro is available in the Student Services Office Cindy Beverley, Student Services Coordinator will have available a comprehensive list of partners and services available to members of the TCAT Murfreesboro community which may include crisis referral services, prevention screenings, training programs, etc. Any campus member interested in accessing the services/agencies and training noted above, or for more information about TCAT Murfreesboro's suicide prevention efforts should contact Brittany Jones, Assistant Student Services Coordinator 615-898-8010 ext. 205 or Cindy Beverley, Student Services Coordinator 615-898-8010 ext. 132.

Intervention

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](http://tspn.org/warning-signs) (<http://tspn.org/warning-signs>) and learning what to do next may help save a life.

Contact

If someone exhibits behavioral patterns that may indicate possible risk for suicide, they should be watched closely. If they appear numerous or severe, seek professional help at once. **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.**

If a student, faculty, or staff member encounters a suicidal student, faculty, or staff member, the following individual should be contacted immediately:

Murfreesboro Campus: Cindy Beverley, Student Services Coordinator 615-898-8010 ext. 132

Smyrna Campus: Brittany Jones, Assistant Student Services Coordinator 615-898-8010 ext. 205

Should the incident occur after hours, or the above noted individual is not available, the following should be contacted immediately:

Volunteer Behavioral Health Crisis Unit 1-800-704-2651

If the suicidal person has plans and access to a lethal means, is planning to make an attempt very soon, or is currently in the process of making an attempt, this individual is in imminent danger and should not be left alone. Get the person help immediately. Determine who can get there quickly and keep the individual safe.

Should you have this concern, you should immediately call 9-1-1.

Intervention Resources

TCAT Murfreesboro has established relationships with the following local Mental Health facilities for the purpose of [crisis referral services].

- Volunteer Behavioral Health Crisis Unit 1-800-704-2651
- Guidance Center 2126 No. Thompson Lane, Murfreesboro, TN 37129 615-898-0771

The safety and wellbeing of our students, faculty, and staff is of the utmost importance. In situations that require immediate action because of safety or other concerns, TCAT Murfreesboro will take any reasonable administrative action or accommodation protocols that are appropriate. Such interim actions may include, but are not limited to: adjustments to schedules, ADA accommodations, adjustments of course, exam, schedules, facilitation of hold harmless voluntary withdrawals, incompletes, etc.

Additional Information

Information regarding such relationships at TCAT Murfreesboro is available [location/link/office where information can be found]. That [individual/office] will have available a comprehensive list of partners and services available to members of the TCAT Murfreesboro] community. Any campus member interested in more information about TCAT Murfreesboro's suicide intervention protocol should contact [name/title/contact information].

Postvention

Because all student/faculty/staff deaths affect our community, whether that death is accidental, due to illness, or the result of self-inflicted injury, it important for TCAT Murfreesboro to respond to and recognize all deaths in a consistent manner. Campus leadership and the communications department developed a protocol that includes a campus response to a student/faculty/staff suicide to decrease the trauma experienced by the students and other campus community members left behind and to help prevent further suicides through contagion.

Contact

If a student, staff, or faculty member death occurs by suicide, the following person, or their designee, should be notified immediately:

Cindy Beverley, Student Services Coordinator, 615-898-8010 ext. 132

Postvention Components & Resources

TCAT Murfreesboro has established relationships with the following local Mental Health facilities for the purpose of working to decrease community trauma.

- Volunteer Behavioral Health Crisis Unit 1-800-704-2651
- Guidance Center 2126 No. Thompson Lane, Murfreesboro, TN 37129 615-898-0771

Additional Information

Information regarding such relationships at TCAT Murfreesboro is available [location/link/office where information can be found]. That [individual/office] will have available a comprehensive list of partners and services available to members of the TCAT Murfreesboro. Any campus member interested in more information about TCAT Murfreesboro's suicide prevention protocol should contact [name/title/office/contact information].

Comprehensive Response Protocol

TCAT Murfreesboro's comprehensive suicide prevention, intervention and postvention protocol is available [to the campus community, campus administration, etc.]. For more information, please contact Cindy Beverley, Student Services Coordinator, 615-898-8010 ext. 132.