Suicide Prevention Week
September 10th - 16th 2017

Take A Minute - Change A Life

In the United States, one person completes suicide every 13 minutes. 22 veterans commit suicide daily. It is estimated that more than 5 million people in the US have been directly affected by suicide.

Each suicide intimately affects 6 other people. If there is a suicide every 11 minutes, then there are 6 new survivors of suicide every 11 minutes as well.

Did you know that suicide is the 2nd leading cause of death among college students?

Monday - 9/11

• “Take 5 and Change A Life”
  Mini Education Sessions
  9:00am - 2:00pm
  Sessions will be held at the following locations on IFPW’s campus:
  • Athletics Center Lobby
  • Student Housing
  • Wellness Union 1st Floor
  • Kettler Hall 1st Floor
  • Neff Hall
  • Alumni Plaza
  • Liberal Arts
  • Helmke Library
  Everyone who does the take 5 activity will get a stuffed educational pup.

Need Someone to Talk To?

IFPW Students can contact:
IFPW/Parkview Student Assistance Program for no charge counseling by calling 260-286-6000
Visit www.ifpw.edu/counseling

IFPW Benefit-eligible Faculty, Staff and Covered Family Members can contact:
IFPW Employee Assistance Program no charge counseling

Tuesday - 9/12

• “Mental Health 101”, Co-Sponsored by Active Minds and the Office of Diversity and Multicultural Affairs
  12:00pm - 1:00pm
  IFPW Webb G21
  Join Us for Lunch - Taco Tuesday
  This is a 5 part training series: Mental Health 101, Stress 101, and Advocacy 101

• “Suicide Survivor Candlelight Ceremony”
  6:30pm - 8:30pm
  Outside IFPW Vanderly Bridge
  A vigil from 5pm to 8:30pm. Partner with STOP Suicide of Northwest Indiana and “We Are Living” support group to honor loved ones lost to suicide.

Wednesday - 9/13

• Suicide Prevention Resource Fair with the Save The Seven Challenge & Meaningful Music
  FREE lunch for everyone who visits at least 6 resource tables
  10:00am - 2:00pm
  IFPW, WALB Student Union, Hallways and Room 114
  Visit with campus and community individuals and resource sites for suicide prevention and mental health care education activities, positive coping skills and how to help a friend.

Thursday - 9/14

• “13 Reasons Why” Mid-Day Panel Presentation and Discussion
  11:00am - 12:30pm
  IFPW Walb Classic Ballroom
  Join Us for Lunch
  Focus on “13 Reasons Why Not To”, to counter perceptions, misrepresentations in the Netflix series.

• Project COMPASS Suicide Prevention Gate Keeper Training
  2:00pm - 6:00pm
  IFPW Kettler Hall, Room G83
  Become a Gatekeeper in our IFPW Community!
  Contact compass@ipfw.edu to register.

We welcome all campus and community members!

#IPFSaveALife
Active Minds at IFPW
IFPW Project COMPASS

Approved for Long Term Posting through September 16th, 2017

IPFW Suicide Prevention Week is supported by: