

Recent events across our country and in our community have brought suicide and suicide prevention to the forefront of public discourse. We at the University Wellness Center support this conversation and share in the sadness and grief for those who have suffered and are suffering as a result of these losses.

The University Wellness Center staff and clinicians want our students to know that we are aware of this discourse and the losses being suffered. In addition, we want our students to know that we are here for them. We are prepared and trained to assist in preventing suicide and utilizing clinically appropriate interventions and techniques to help our students gain insight and develop solutions to the issues they face.

If you believe that you or someone you know is at risk of suicide, even if the risk seems low but the thoughts of suicide are persistent, please seek services or support as soon as possible. The Wellness Center is open for crisis walk-in appointments for undergraduate students Monday through Friday from 8:00 AM to Noon and 1:00 PM to 4:30 PM. You can call (931) 598-1325 to make an appointment.

If you are in need of support when the University Wellness Center is closed, undergraduates can call the after-hours crisis phone line, which will connect you with a trained mental health counselor, by calling (931) 598-1700.

The national Suicide Prevention Hotline at 1-(800) 273-8255 is also available to anyone in our community, students and non-students alike. Additionally, if you prefer to text, you can text "HOME" to 741-741 to connect with a trained mental health crisis professional. If you are in an emergency situation, please call 911.

The University Wellness Center recently received a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) to fund the Sewanee Flourish Project. The purpose of Sewanee Flourish is to develop a sustainable campus infrastructure designed to promote suicide prevention and enhance student well-being. Sewanee Flourish utilizes a comprehensive and community-based approach to reducing risk for suicide by preventing and treating mental illness while at the same time promoting and enhancing mental health and reinforcing the message that suicide prevention is everyone's responsibility. Suicide prevention trainings, workshops, and programs will be conducted throughout the year in efforts to promote student well-being and offer continued support for any students at risk of suicide.