



OHIO PROGRAM *for*
**CAMPUS SAFETY
 & MENTAL HEALTH**
 A NEOMED CCoE

The Campus Connection

September 2025

ANNOUNCEMENTS

Training Opportunities

Interested in becoming a certified Question, Persuade, Refer (QPR) Suicide Prevention Gatekeeper? Sign up for a free session via Zoom today!

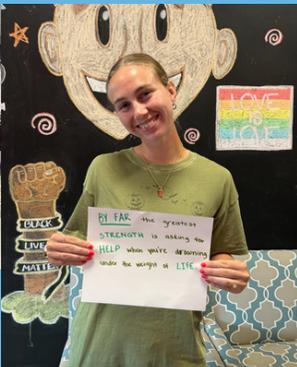
- [October 14, 2025, 12:00PM-1:00PM](#)
- [November 20, 2025, 12:00PM-1:00PM](#)
- [January 13, 2026, 12:00PM-1:00PM](#)

Check out all our training opportunities, including archived webinars and conferences, [here](#).

[Click Here](#) to Join our Listserv

A MESSAGE OF HOPE

The Ohio Program for Campus Safety and Mental Health conducted a meaningful suicide prevention campaign for Suicide Prevention Month this September. Our goal was to fill our social media feed with messages of hope and solidarity, reminding everyone that suicide prevention is a year-round commitment. Check out a few photos below!



OPCSMDH director, Jessica Zavala pictured at NAMI Walks Cleveland, Edgewater Park, September 2024

WHAT'S NEW WITH THE OHIO PROGRAM FOR CAMPUS SAFETY AND MENTAL HEALTH?

It's that time of year again, as we step into this month. I want to take a moment to acknowledge the importance of prioritizing our mental health and self-care. While it's natural to experience moments of stress, overwhelm, or uncertainty. Balancing academic demands, employment, and personal well-being doesn't have to be another chore. This month our theme is "A Campus of Care, A Culture of Hope". Whether it's practicing self-care by taking a hike or connecting a peer or colleague with support and resources, even small steps can make a big difference in one's journeys.

In this issue, you'll find resources, upcoming events, and practical strategies to strengthen your well-being journey. OPCSMDH staff along with the of late formed [Advisory Committee](#) and [Collegiate Mental Health Advisory Committee](#) have been hard at work planning and developing high quality [training opportunities](#). Next steps include hosting a Question, Persuade, Refer (QPR) Training for Trainer opportunity and launching a community of practice learning cohort to expand and elevate the vitality of suicide prevention training to the statewide campus- community.

I encourage you to take advantage of these resources and reach out whenever assistance is needed.

***Here are some self-care tips:**

- Try a relaxing activity
- Focus on positivity
- Set goals and priorities
- Stay active and get plenty of rest
- Stay connected

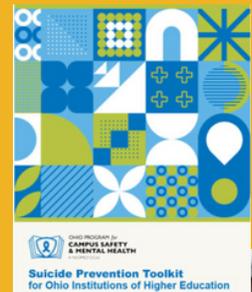
Thank you for being a part of a campus-culture that values well-being and supports one another. Together we can create a community where every member feels seen, heard and valued.

Warmly,
 Jessica Zavala

*Source: <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

RESOURCES

- **NEW!** Suicide Prevention Toolkit
 - This toolkit provides practical content and guidance to help you detect potential signs for suicide risk and encourage help-seeking. You can [download the toolkit here!](#)
- Check out more featured state and national mental health resources [here!](#)



FEATURED STORY



Kudos to the entire OPCSMH team on achieving another goal! Recently all staff became certified as Mental Health First Aid Instructors. Mental Health First Aid (MHFA) is an evidence-based training program administered by the National Council for Mental Wellbeing that teaches individuals how to identify, understand and respond to signs of mental health and substance use challenges. More than three million people across the United States have been trained in MHFA by thousands of dedicated instructors.

"It's never been more important for our communities to talk about mental health and substance use," says Chuck Ingoglia, president and CEO of the National Council for Mental Wellbeing, which helped bring Mental Health First Aid to the U.S. in 2008. ***"Mental Health First Aid is breaking down barriers and stigma so that together we can learn how to better support one another. Without mental health, there is no health."***

In addition to offering QPR, Question Persuade, Refer suicide prevention gatekeeper training on a rotating basis, the OPCSMH will also offer Mental Health First Aid for Higher Education later this Fall. This early-intervention course uses community-specific scenarios, activities and videos to teach the skills needed to recognize and respond to signs and symptoms of mental health and substance use challenges as well as how to provide initial support until appropriate professional help is received.

Take comfort knowing that individuals on your campus will be prepared to provide support for those in need as well as better cope with mental health and substance use challenges themselves. Stay tuned for more information!

SUICIDE PREVENTION AWARENESS DAY



OPCSMH staff along with the Northeast Ohio Medical University (NEOMED) Department of Psychiatry recognized suicide prevention awareness day by wearing purple and teal and by promoting messages of hope. These colors are the most commonly recognized colors of the suicide prevention ribbon.

ABOUT US

Mission

The Ohio Program for Campus Safety and Mental Health is a coordinating center of excellence that provides resources and expertise to promote suicide prevention, mental health awareness and stigma reduction activities at Ohio's institutions of higher education.

Vision

Our primary goal as a resource dissemination center is to provide relevant resources via training and education that encourage the development of comprehensive programs to prevent campus suicide and create a culture of care.

GET IN TOUCH WITH THE OPCSMH!



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