



The State University
of New York

Office of the Chancellor

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May 27, 2020

Members of the SUNY Community:

SUNY System Administration has been working hard over the past year to enhance the supports provided to campuses in the areas of wellness and mental health, including a concerted effort to seek grant funding to support new programs and training. To that end, we are writing today to share two new resources made possible through a grant from the New York State Office for Mental Health.

The first resource we want to highlight is **Question, Persuade, Refer (QPR) suicide prevention training**. This user-friendly online training is intended to equip all of us—administrators, faculty, staff and students—with the skills needed to identify and respond to a mental health crisis, much in the way that CPR training is designed to prepare people to respond to a cardiac event. QPR training is brief; it takes about an hour to complete the course.

Participants learn how to identify and safely engage with someone who may be having a mental health crisis, in order to direct them to assistance. The training is appropriate for a range of settings and relationships—at work, across campus, or at home, and in both personal and professional settings. The training does not require any clinical expertise, just a willingness to listen, care, and help. You can participate in Question, Persuade, Refer training by accessing <http://www.qprtraining.com/setup.php> and using the organizational code **SUNY**.

The second resource we want to highlight is **Crisis Text Line**, a free 24/7 text-based service for individuals in distress. SUNY and OMH are promoting a range of new marketing materials that highlight a new keyword: “Got5U” that is SUNY-specific. The marketing materials are designed to ensure that our students know there is always someone available to help. Please feel free to integrate these materials—in a range of formats, with a range of messages—into your prevention and response efforts.

All materials are here: <https://www.preventsuicideny.org/wp-content/uploads/2020/05/CTL.zip>

You know well from your own experiences and in working on a campus that on any given day, there are multiple stressors. This is true at the start of college, the beginning of a new semester, during mid-terms and final exams, and any time in between. It is also true in the face of significant disruptions, such as the changes imposed by the COVID-19 pandemic. We are glad to add two new approaches to the good work happening on the campuses to help support all of us.

If you have any questions, please contact Dr. Leah Wentworth, SUNY Director of Student Wellness, who is our lead on this grant at: leah.wentworth@suny.edu.

A handwritten signature in black ink, appearing to read "Kristina M. Johnson".

Kristina M. Johnson, PhD.
Chancellor

A handwritten signature in black ink, appearing to read "Tod A. Laursen".

Tod A. Laursen
Provost and Sr Vice Chancellor