

Suicide education and prevention policy – School of Medicine – University of Jordan

BACKGROUND

The faculty and staff at The University of Jordan are committed to the health and well-being of their students. The purpose of this policy is to protect the health and well-being of all members of the university community by establishing programs for advising and for disseminating information to students, faculty, and staff about what is available both on and off- campus for the prevention of suicide.

DEFINITIONS

Suicide means any type of self-harm with a fatal outcome.

Attempted Suicide is self-harm without a fatal outcome.

GOALS and STRATEGIES:

1- Increasing awareness of Suicide Prevention:

A. Suicidal Prevention

Suicide and attempted suicide have a significant detrimental effect, not only on the individual involved, but also on others in the community. The purpose of this policy is to provide a comprehensive list of resources offered both on and off the campus of the University of Jordan that are dedicated to ensuring the health and safety of students, faculty, and staff.

The most up-to-date contact information for suicide prevention services:

1. Jordan University Hospital Emergency Room (Psychiatry Unit): Queen Rania St, Amman. Phone: +962 6 5353444 / 5353666
2. National Center for Mental Health- Ministry of Health- Fhais Hospital : Mahis Road, Amal St., Mahis. Phone: +962(6) 4729659
3. King Hussein Medical Center: King Hussein Medical Center, 230 King Abdullah II St., Amman 11733. Phone: +962 (6) 580 4804
4. Al Rashid Hospital: Abu Nseir, Amman. Phone: +962 (6) 4 777 444

B. Mental health education

All incoming students and new recruits shall be provided with information about mental health, including depression and suicide prevention. The information shall include available mental health services and support services.

The School of Medicine shall encourage students to talk about their problems and to report to the student council office any mental health issues they may be experiencing.

Suicidal thoughts are medical emergency and students are advised to contact student counselling service as soon as they can or to present themselves to the emergency department for evaluation by the psychiatrist on call.

2- Providing help:

- A. Students, staff, and faculty shall be made aware of current opportunities for help and advice concerning suicide.
- B. The School of Medicine, through its student counselling office, shall endeavor to identify staff and students who might be at risk of suicide or who might have suicidal thoughts.
- C. The School of Medicine's Student Counselling Office shall offer all help to those affected and shall refer them to the psychiatry clinic at JUH for assessment and management.

The student counselling service and psychiatry clinic at JUH shall be available with total confidentiality to help and to provide treatment plans to staff and students who refer themselves as being with suicidal thoughts or as having had suicidal attempts. The same is extended to students and staff who are concerned about a friend or colleague at risk of suicide, with suicidal thoughts, or with the experience of a suicidal attempt.

- D. The consultant psychiatrist shall report to the Faculty Dean, within the norms of confidentiality, their assessment including the impact of the patient's psychological illness on their overall performance.