



**LaGuardia Community College: Campus
Leaders against Student Suicide (CLASS)
and Student Allies against Suicide
(SASS) Front Line Prevention Team
Introduces:**

“SAVE A LIFE CAMPAIGN”

Our Mission and Vision: The Wellness Center is a proud recipient of the SAMHSA Campus Suicide Prevention Grant - which is a three year initiative to Increase awareness of mental health and suicide awareness through evidence based and best practice trainings for students, faculty and staff alike. This includes providing faculty, staff and students with helpful tips and resources that improve their comfort level when asking necessary questions that might prevent suicide, and how to assist a student in seeking help. It also includes the following:

- Trainings & programming on decreasing stigma & increase awareness of mental health issues & suicide awareness especially among high risk (e.g. Veterans, Students with Disabilities, international Students LGBTQ) & non-English speaking students.
- Promote resilience or “protective” factors including assisting college students in identifying a trusted person in their support network and teaching them that it’s okay to ask for help.

Our **“Save a Life” (SAL)** Campaign includes specialized Mental Health First Aid Certification Training offered by the Department of Health specifically for Higher Education Professionals to help identify students who are in distress and/or at risk.

Our Team:

PI and Project Director: Regina Varin-Mignano, LCSW-R, PhD

Grant Program Director: Matthew S. Joffe, M.A.

Outreach Coordinator: Malika Watson, MA

Administrative Assistant: Marquette Bascom, AA

Peer Health Educator: Zouhoer Shuaib, AA

For more information or to schedule a training please contact **Malika at (718) 730-7455** or **Matthew at (718) 482-5278** or stop by room M114



DARE TO DO MORE

Sponsored by the SAMHSA College Suicide Prevention Program and the Wellness Center.