SHAPE Study: Suicide, Help-Seeking and Prevention at Trinity

**Name of institution and initiative lead**
Trinity College Dublin, The University of Dublin. School of Nursing & Midwifery with Student Counselling Services, Students’ Union, and College Health Service

**Date and timeframe**
Academic year 2022 – 2023 and ongoing

**What was the reach?**
The entire student body was surveyed (>21,000 students)

**Aims and Objectives**
SHAPE surveyed the entire student body to clarify:
1. Who is most at-risk for suicidal behaviors and
2. How best can we help these students.

Students surveyed were asked about their history, frequency and associated risk factors for:
- Suicidal thoughts
- Suicidal behaviors & suicide attempts
- Self-harm behavior

**Aligned frameworks, policies, or strategies**
National Student Mental Health and Suicide Prevention Framework (2020)

**Project Collaborators**
Students’ Union
Counselling & Health services
Nursing & Midwifery Principal Investigator

**Key Learning Points**
As SHAPE is being showcased prior to data analysis, key learning points to date are:
- such research is feasible given enough time to engage with all stakeholders.
- Suicide and self-harm are salient topics for students, as over 1,300 students responded to the survey.

**Topic**
Mental Health & Wellbeing