



Healthy Campus Case Study



HEA | HIGHER EDUCATION AUTHORITY
AN tÚDARÁS um ARD-OIDEACHAS

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



Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

