



## 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

