

Tec forms international suicide prevention partnership



More than 800,000 suicides are recorded **around the world each year**, and suicide is **the second most common cause of death** among people aged **10 to 24 years** in several countries.

These [data](#) from the **World Health Organization** also state that world **suicide rates have increased** by 60% in recent decades.

In the face of this situation, **Tec de Monterrey** has decided to do more **to prevent suicides**, adding **programs and mechanisms** for its **community**.

On World Suicide Prevention Day, **Carlos Ordóñez**, Director of **Integrated Student Health and Wellbeing at the Tec**, explains how the **Tec** takes **this matter seriously** and **what steps it is taking** in this interview with [CONECTA](#).

Among other things, he explains that the following support mechanisms have been strengthened:

- **A partnership with [The JED Foundation](#)**, an international organization with expertise in emotional health and suicide prevention
- **The *TQueremos* helpline** for 24/7 psychological and emotional support
- **The *Taking Care of Your Mind* site** with resources for emotional well-being
- **Training in QPR and Active Witness models** to support and detect vulnerable people

If you are part of the Tec community and need emotional support, call 800 813 9500 now or visit tec.orienta-me.com

Preventing suicide on many fronts

“This is a very important issue for the Tec,” confirms Ordoñez. ***“It’s something to be faced not only **reactively** but also **proactively**, and we should **take steps** to **prevent** these situations,”*** he adds.

Ordóñez mentions that **the aim for every educational community**, and of course what the Tec is looking to achieve, is to have **zero suicides**.

It is important to remember that, since 2017, the Tec has been strengthening the programs, resources and services available to its students.

“Today, we can confirm that we have saved lives thanks to timely interventions,” he adds, explaining the protocols.

“Worldwide best practices suggest having a ratio of **one psychologist to every thousand students**. As part of our institution’s commitment, fortunately we can say that at **the Tec we have reached this level of care**,” he shares.

Ordóñez points out that, **in the last 18 months, 45 new psychologists have been recruited** in order to increase the institution’s capacity to care for its community.

“Prevention is key. As **suicide involves many factors**, you have to work from different angles to be able to prevent it”, he explains.

“Fortunately, at the Tec we’re seeing **results that are contrary to the global trend of growth**, and I believe this is due to the efforts of the **TQueremos program** over the last three years. But we must never let our guard down.”

An international partnership against suicide.

In addition to the activities already taking place at the Tec, **a partnership** was recently formed with [***The JED Foundation***](#), creators of the **JED Campus** program.

Ordóñez mentions that **this organization provides a benchmark in suicide prevention on an international level**.

“JED Campus is a **4-year** program which includes self-diagnosis, the application of the Healthy Minds Study to evaluate the emotional health of students, and the development of policies leading to a **certification**.

“For a few years now, we have based our **prevention efforts** on their model,” Ordoñez says.

This model is based on **7 concepts**:

- ***Promoting **social connection*****
- ***Identifying **at-risk students*****

- Increasing **help-finding behaviors**
- Providing **services** to support **mental health** and **substance abuse issues**
- Following **crisis management protocols**
- **Restricting** access to **potentially lethal media**
- Developing **life skills**

Improving existing resources such as the **TQueremos helpline**, **Active Witness**, and **QPR**.

The program includes a **research project** which collects **statistical data**, permitting comparison with other universities and for the institution to **take action**.

So far, the Tec is the only Latin American university to join the JED Foundation program.

JED's Comprehensive Approach

We believe in a comprehensive, public health approach to promoting emotional well-being and preventing suicide and serious substance misuse. JED's programs are grounded in our **Comprehensive Approach to Mental Health Promotion and Suicide Prevention for Colleges and Universities**. This model can be used to assess efforts currently made on campus, identifying existing strengths and areas for improvement.



width="900" loading="lazy"> **A 24-hour emotional support helpline**

The resources provided by Tec include the **TQueremos helpline**, which addresses **mental health** issues, among others.

The helpline is **available 24 hours a day, 7 days a week** and can be used by **students, as well as their parents/guardians, teachers, Tec staff, and members of their immediate family**.

Between March and July, the TQueremos helpline provided support on **15,852 occasions**.

Of the total calls made by **PrepaTec** students, **40%** required **emotional help**, and at **undergraduate** level the figure was **64%**.

The QPR program for detection and support

The **TQueremos helpline** is part of the **TQueremos Program**, which also includes the **QPR (Question, Persuade and Refer)** program.

This program is based on a process in which **members of a community are trained to recognize, approach, and help** people having **suicidal thoughts**.

QPR at the Tec began in **August 2017** and has trained **more than 26,000 people** from the Tec community nationwide.

*“We cannot depend on parents or psychologists, or anyone in particular. **We can all be part of prevention.** We have to **create an ecosystem of help** in which each of us **takes care of others,**”* said Ordóñez.

There are also more than **30,000 people across the nation** who have been trained in **another social intervention process** called **Active Witness**.

*“We can all be active witnesses. Using this methodology, we may **come across a situation and intervene** so as to **prevent it escalating to something more serious,**”* said the director.

On each of the **26 Tec campuses** in Mexico, there is a **Wellbeing and Counseling Department** staffed by psychologists who provide care to members of the community.

In the period between **March and July 2020**, support was provided on **11,852 occasions**, of which **158** were **related to suicide**.

Emotional intelligence for young people since high school

Another of the suicide prevention and mental health **initiatives** is the **Ruler emotional regulation program**, developed by the **Yale Center for Emotional Intelligence**.

Ruler has been **in place for 5 years at PrepaTec**.

In addition, **courses for teachers and Tec staff** are available on the internal Success Factors platform.

Also, a **Taking Care of Your Mind** initiative microsite has been created, which has **reliable information, validated by TecSalud experts**, and **mental health resources** to support the community in the face of the **COVID-19 pandemic**

In addition to this, Ordóñez adds that it is vital to **study the issue of suicide** to know how the population is doing.

*“We are doing **research on the health and wellbeing** of the community, and we will continue to study this thoroughly,”* he continued.

If you need help, call now!

Ordóñez invited anyone from the Tec community to **join these prevention initiatives** and, if they need support, to call the TQueremos helpline.

The helpline is **free for members of the Tec community** and is available **24 hours** a day, **365 days a year**.

Call: 800 813 9500 or 442 295 3004

Or visit: tec.orienta-me.com

When a caller shares some **personal details**, that information is **treated confidentially**.

Depending on the **needs** of the person calling, they may be **referred** to a **specialist**.

*“You can share your problems. As there are **different** types of **services** provided, if you need to speak to a psychologist, you can explain that you’re calling about an emotional issue,”* Ordoñez said.

The director also explained that there is **no time limit on each call**, nor is there a **limit on the number of calls** that a person can make during the year.

Depending on the situation, there may be a **follow-up** with a **specialist** who can call you back if they think it is necessary.

The **services** offered by the helpline include **emotional, medical, legal, financial, nutritional**, and even veterinary support.

*“All this and much more form the **mechanisms** that we can **make use of**,”* commented Ordoñez.

He also invited those who **need help** to **try out** these **programs**, to acknowledge their situation, and get support where possible.

*“If someone matters to you, **let them know**. Today. **Don’t wait**, because it can make a **big difference**,”* he urged.

YOU’LL DEFINITELY WANT TO READ:

<https://tec.mx/es/noticias/nacional/salud/cuida-tus-emociones-el-programa-t-queremos-del-tec-te-brinda-apoyo>

<https://tec.mx/es/noticias/nacional/salud/las-emociones-importan-como-el-programa-ruler-hace-mejores-alumnos>