Volunteer Opportunities:
Suicide prevention, awareness, and education

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My project is focusing on putting together resources for individuals at Drew and within the Madison community who are interested in addressing suicide awareness and prevention. I plan to create a website that has ways to volunteer, organizations to partner with, and other ways to help. It will also include a page full of resources for individuals who may be struggling with suicidal thoughts.

College students are one of the most at risk populations for suicide. Many individuals do not know where they can go to receive help and others want to help but don’t know how. This site will provide information for both of these groups on Drew’s campus and could also be accessed by people outside of the Drew community.
On campus I worked with the Wellness Activators, Active Minds, and the Counseling center to gain their input and advice and I will also be using their help to promote the site. These clubs will continue to use the site in the future as a resource for anyone interested in working with suicide prevention and awareness. The website will host a number of opportunities for students to work with organizations outside of Drew including Crisis Text Line and Jersey Battered Women’s Service. It is my goal that these organizations benefit from Drew student volunteers who are interested in their work and missions.

The website will remain active even after leaving Drew and I hope to continue updating it with new resources as I come across them. Active Minds has agreed to continue updating the website with resources they come across as part of their club activities. I am also planning on asking the Wellness Activators if this is a project they would like to contribute to in the future. These clubs will help sustain the website and keep it updated with relevant and helpful information.
Working on this project has helped me several develop skills that I will be able to use in the future including:

- Adaptability
- Website development
- Organization
- Communication

The project I ended up doing is very different from what I thought I would put together, but because of COVID-19 I had to adapt it to be workable in a socially distanced world. This led me to create a site, which is something I’ve never done before. This project strengthened my ability to organize information and it also helped me learn how to communicate effectively with larger groups and organizations.