



Kognito At-Risk Suicide Prevention Training

The University of Illinois at Urbana-Champaign cares about creating an environment where students who are experiencing psychological distress feel comfortable reaching out to others. According to the Suicide Prevention Resource Center:

- Approximately 1,100 college students die by suicide each year. Suicide is one of the leading causes of death for this age group.
- More than seven percent of college students seriously considered suicide in the last year.

Students who have suicidal thoughts often don't share what they're going through because they think they're the only ones. Reaching out to someone can make all of the difference. To help our campus recognize signs of distress and connect people to resources, we offer Kognito At-Risk online suicide prevention training.

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About Kognito At-Risk

In this online simulation, you have conversations to learn how to help a student, friend, or classmate who may be struggling. You'll learn how to:

- Recognize signs of distress.
- Approach someone if you are concerned.
- Connect them with services available on our campus.

Kognito At-Risk offers modules from the perspective of students assisting other students or faculty and staff assisting students. There are also modules that address the unique needs of student veterans and LGBTQ students.

Taking Kognito At-Risk

To take the Kognito At-Risk training, go to ui.kognito.com and log in with your Net ID and password. Parents and community partners who don't have a Net ID can create an account by visiting kognitocampus.com. Select the option to create an account. Complete the requested information. The enrollment key is Illinois.

After Hours Emergencies

If someone is in immediate danger, please call 911 or the crisis line at 217-359-4141.

Counseling Center

Student Services Building, Room 206

610 E. John Street, Champaign

217-333-3704

counselingcenter.illinois.edu

