

Suicide is a desperate attempt to
escape suffering that has become
unbearable

Introduction

- One in 10 college students has seriously considered suicide.
- Suicidal thoughts, making plans for suicide, and suicide attempts are higher among adults aged 18 to 25 than among adults over the age of 26.
- Suicide is the third leading cause of death for 15- to 24-year-olds.
- There are more than 1,000 suicides on college campuses per year.

Risk Factors

- Depression
- Low self esteem
- Mental illness
- Substance abuse or dependence
- Eating Disorders
- Family history of suicide
- Self-mutilation
- Prior suicide attempt
- Situational Crisis

.

What to look for Or Warning signs

- Talking about suicide
- Withdrawal from friends, family, and teammates
- Making statements about feeling hopeless, helpless, or worthless
- Dramatic changes in mood
- Preoccupation with death
- Purposelessness, no sense of a reason for living
- A loss of interest in the things one cares about
- Giving away valued possessions
- Unexplained anger, aggression, and/or irritability
- Loss of an important relationship
- Saying good bye : Unusual or unexpected visits to family ,friends .Saying goodbye as though you wont meet
- No hope for future ,hopelessness ,helplessness
- Self hatred
- Mental illness like depression ,drug abuse
- Chronic illness

How to start

- When you become concerned about a student wellbeing, you may ask the following:
 - Do you feel like your mood has changed lately?
 - Have you been feeling sad in the last week or two?
 - Have you felt an increase in stress lately?
 - Have any stressful events happened recently in your life?
 - Have you had thoughts of hurting yourself?
 - Have you felt so bad that you have had thoughts of death or thoughts of suicide?

How to help

- If you are concerned that the student is at risk to harm himself/herself or others, you should:
 - Ask them to talk with someone who can help.
 - Set up a meeting or a phone call with a mental health professional to assess safety.
 - Stay with them until they are in a safe environment and have had contact with a mental health professional.
 - Make sure that a follow up appointment with a mental health counselor has been made.
 - If needed, bring them to a local ER/hospital that can evaluate and offer a short term stabilization admission.

Myths

- Asking someone about suicide will increase the risk of suicide.
 - It has been shown that asking someone about suicide lowers anxiety, opens up communication, and lowers the risk.
- Only experts can stop a suicide.
 - Anyone can stop a suicide: listen, show you care, provide hope.
- Suicidal people don't talk about it.
 - Most suicidal people have given some sort of clue or communicated an intent prior to their attempt.

Myths

- Those who talk about suicide don't do it.
 - Those who talk about it may try and even complete a self destructive act.
- Once a person decides to attempt suicide, no one can change their mind.
 - Suicide is a preventable form of death, almost any positive action may save a life.
- No one can stop suicide.
 - If people in crisis get the help they need, they are far less likely to attempt suicide.

References

- NAMI: National Alliance on Mental Illness
- American Foundation for Suicide Prevention
- American Association of Suicidology
- QPR – Suicide Prevention
- The Jason Foundation
- The Jed Foundation