WARNING SIGNS OF SUICIDE

Unrelenting low mood
Excessive crying or sadness
Hopelessness
Desperation
Withdrawal from pleasurable activities
Trouble sleeping
Increased alcohol and/or other drug use
Recent impulsiveness and taking unnecessary risks
Threatening suicide or expressing a strong wish to die
Planning a suicide
Giving away prized possessions
Obtaining means of killing oneself (i.e. poison, firearms, medication)
Unexpected rage or anger

LISTEN FOR PHRASES SIMILAR TO THESE

I wish I were dead.
I’m going to end it all.
You will be better off without me.
What’s the point of living?
Soon you won’t have to worry about me.
Who cares if I’m dead, anyway?
it would be better if I wasn’t here
Maybe I won’t be around
I can’t go on,
Nothing matters any more
RESOURCES

CAMPUS

MU Counseling Center • 419 Parker Hall • 573-882-6601
Student Health Center • 1101 Hospital Drive • 573-882-1483

24-hour Crisis Lines • 1-800-395-2132

MU Employee Assistance Program • 102 Parker Hall • 573-882-6701

University Hospital Emergency Room • 1101 Hospital Drive • 573-882-8091

MU Police Department • 901 Virginia Ave. • 573-882-7201 (or 911 from campus)

Columbia Regional Hospital Emergency • 573-875-9400

COMMUNITY

Boone Hospital • 1500 East Broadway • 573-815-8000

Harry S. Truman Veteran’s Hospital • 800 Hospital Drive • 573-814-6000

Columbia Police Department • 600 East Walnut • 573-874-7652 (or 911)

Burrell Behavioral Health Youth Clinic (outpatient) • 573-777-8300

Family Counseling Center of MO Daybreak Residential Treatment Center • 573-875-8088

Pathways Behavioral Healthcare Outpatient • 573-445-3832

Psychological Services Clinic (outpatient) • 573-882-4677

NATIONAL

National Suicide Prevention Lifeline • 1-800-273-TALK (8255)

National Suicide Hotline • 1-800-SUICIDE (784-2433)

Crisis Line • 1-800-833-3915

Get Help Now • 1-800-999-9999

LGBTQ Helpline • 1-866-488-7386

Veterans’ Suicide Prevention Lifeline • 1-800-273-8255, then press 1

Visit http://asklistenrefer.org/ for more information

{ SUICIDE PREVENTION TASK FORCE }

RESIDENTIAL LIFE  ACTIVE MINDS  COUNSELING CENTER  STUDENT HEALTH CENTER  DISABILITY SERVICES
WELLNESS RESOURCE CENTER  VETERANS CENTER  LGBTQ RESOURCE CENTER
Prevalence of Suicide in College Students

Going to college can be a difficult transition period in which students may feel lost, lonely, confused, anxious, inadequate, and stressed. These problems may lead to depression. (suicide.org)

Suicide is the second leading cause of death among college students and the third leading cause of death among all youth 15–24 years old. (American Foundation for Suicide Prevention)

The number one cause of suicide for college student suicides (and all suicides) is untreated depression. (suicide.org)

A survey indicates that one in five college students believe that their depression level is higher than it should be, yet only 6% say that they would seek help. (suicide.org)

Studies indicate that many college students who are suicidal are quiet, reserved, depressed, and socially isolated, and thus it is up to all of us to try to identify the suicide warning signs and get help for them. (suicide.org)

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PROTECTIVE FACTORS

THE RISK OF SUICIDE CAN BE LOWERED BY CERTAIN FACTORS. THEY INCLUDE:

- Having a support system (family, friends, and school)
- Good self-care and positive thinking
- Communication, planning, and problem-solving skills
- An ability to manage strong emotions
- Access to mental health care and willingness to accept help
- A school environment that encourages help seeking and promotes health
- Other environmental protections, such as reducing access to firearms and other lethal weapons.

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ASK LISTEN REFER

IF YOU ARE CONCERNED ABOUT SOMEBODY:

ASK them if they are thinking about suicide. In this first step, you ask the person directly if they are thinking about suicide. Make sure you do this in a private setting, and not in front of lots of people.

“Have you been thinking about suicide?”
“Do you ever want to just end your life?”

LISTEN to what they have to say! Be sincere and genuine. Persuade the person to stay alive by listening to what they have to say and offering hope. Make sure that you are not judging the person. You may want to say:

“I’m sorry you’re feeling this way. Let’s go talk to someone”
“We will get through this together”

REFER them to a professional. It is best to take immediate action. Try to either go with them to their appointment, or stay with them while they make an appointment.

“Would you be willing to call someone with me?”

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