



SUICIDE PREVENTION

H.O.P.E.

HOLD ON PAIN ENDS

If you are having thoughts of harming yourself or someone you know might be considering suicide, reach out for help right away. Don't ignore. Intervention is critical to feeling better. Suicide is the second leading cause of death among college students. Almost all people who die by suicide are suffering from psychological pain and/or problematic situation. They may be suffering from an untreated depression, bipolar disorder, substance abuse, or psychotic disorders. Identifying, evaluating, and treating these

mental health conditions is especially important because sufferers may be more likely to attempt suicide in the wake of a stressful event such as a death, relationship difficulties, or a failed exam.

WARNING SIGNS/Clues that a person may be at risk for suicide. **Take all signs seriously.**

Direct verbal clues to suicide

- "I've decided to kill myself."
- "I wish I were dead."
- "I'm going to commit suicide."
- "I'm going to end it all."

Indirect verbal clues

- "I'm tired of life; I just can't go on."
- "My family would be better off without me."
- "I just want out."
- "I won't be around much longer."
- "Pretty soon you won't have to worry about me."

Behavior Clues

- acquiring a gun or stockpiling pills
- depression, moodiness, hopelessness
- put their personal affairs in order.
- giving away prized possessions

- interest or disinterest in religion
- Drug and alcohol abuse
- unexplained anger, aggression, or irritability

Situational clues

- fired or being expelled from school.
- unwanted move
- loss of a major relationship
- death of a spouse, a child, or best friend, especially if by suicide

How to Help

- **ASK** "Have you been so very unhappy lately that you've been thinking about ending your life? "
- **Listen** attentive to their thoughts and feelings
Caution to not rush to judgement
- **Persuade** the person to get help (i.e. profession, family, pastor)

Most efforts to prevent suicide focus on *why* people take their lives. But as we understand more about *who* attempts suicide and *when* and *where* and *why*, it becomes increasingly clear that *how* a person attempts—the means they use—plays a key role in whether they live or die.

"Means reduction" (reducing a suicidal person's access to highly lethal means) is an important part of a comprehensive approach to suicide prevention.

In case of a life-threatening emergency, call Campus Police at 304-336-8021 OR 911.
Suicide Hotline Phone Number
1-800-273-8255 (1-800-273-TALK)