

What To Do

- ASK the question, “Do you feel like going to sleep and never waking up?”, or find someone who can. Take the risk factors and signals seriously.
- LISTEN to them without judgment. Show interest in the person and be supportive of him or her.
- Offer hope that there are alternatives to suicide.
- Take action. Remove methods the person might use to kill him or herself. Do not leave the person alone.
- GET HELP from his or her family, friend, physician, clergy, etc.
- IMMEDIATELY contact a person or organization that specializes in crisis intervention or suicide prevention for help. (See the back of this brochure).

What To Avoid

- Avoid acting shocked or lecturing the person on the value of life.
- Avoid taunting or daring him or her to “do it.”
- Avoid judging. Allow him or her to express his or her thoughts or feelings.
- Avoid debates over whether suicide is right or wrong.
- Avoid offering easy reassurance—it may make the person feel as if you really don’t understand or care about him or her.
- Don’t keep yours or another person’s suicidal thoughts a secret. GET HELP.

Where To Get Help



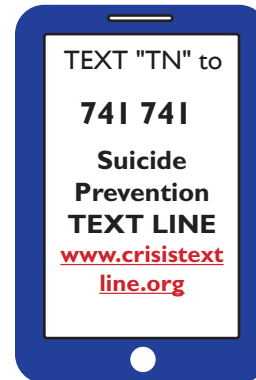
www.tspn.org

If you or someone you know is thinking about suicide, call **1-800-273-TALK** (8255).

The National Suicide Prevention Lifeline will automatically connect you with a certified local crisis center 24 hours a day, 7 days a week.



Get the TSPN APP



ph:615-297-1077 www.tspn.org



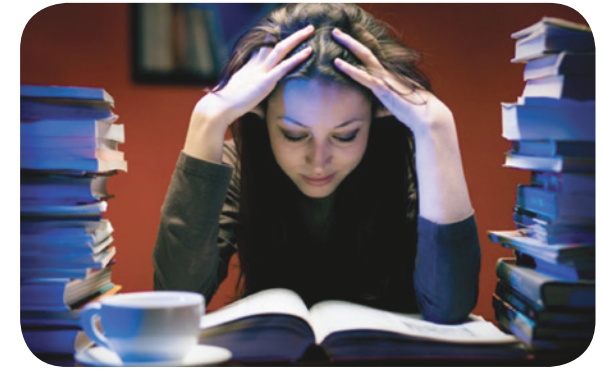
<http://www.tennessee.gov/behavioral-health>
1-855-CRISIS-1 or 1-855-274-7471



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Saving College Student Lives



Saving College Student Lives in Tennessee



"Saving Lives in Tennessee"

The Facts

College students are in a state of life transition and can be overwhelmed with new opportunities and new responsibilities. Lifestyle changes, such as sleep deprivation and substance abuse, can contribute to suicidal behavior.

- Suicide is the **second** leading cause of death for college students.
- Approximately **1,100** college students die by suicide every year.
- **6%** of college students report they have seriously considered suicide over the past year; **90%** of those students created a suicide plan, **14%** actually attempted suicide, and **60%** continued to have thoughts of suicide.*



Signals

There are some behaviors that signal possible suicidal thoughts and attempts. Knowing these signals and taking action may help you save someone's life. A person might be suicidal if they:

- Have sadness or depression that will not go away.
- Become withdrawn or isolate themselves from friends, family, and society.
- Have difficulty going to classes.
- Become highly anxious or agitated.
- Display rage or uncontrolled anger.
- Give away prized possessions.
- Increase their use of alcohol and drugs.
- Acquire a firearm.
- Lose weight or have a decrease in appetite.
- Change their sleeping patterns, cannot sleep, or sleep all the time.
- Engage in reckless and risk-taking behavior
- State they have no reason to live.
- Talk about or threaten suicide. (If this happens, **TAKE IMMEDIATE ACTION**).

Remember.....

Any one of these signals alone doesn't necessarily indicate a person is suicidal. However, several signals may be cause for concern. Signals are especially important if the person has attempted suicide in the past. Listen. Be a friend. Get professional help. *Your actions may save a life!*

Risk Factors

A variety of factors contribute to suicidal thoughts and behaviors in college students.

DEPRESSION contributes to suicidal thoughts and suicide attempts. Over a third of college students reported being so depressed they found it difficult to function. **

HOPELESSNESS - 45% of college students had felt their situation was hopeless**

LONELINESS 55% of college students had felt very lonely. **

ACADEMIC STRESSORS can be a contributing factor to suicide. College students who have attempted suicide cite academic stress as one of the reasons for their suicide attempts. Almost half who consider suicide cite academic problems as a contributing factor.*

FINANCIAL CONCERNS are cited as a contributing factor by 78% of students who attempt suicide and in 31% of students who seriously consider suicide. *

Other factors such as relationship problems and issues with **PARENTS** can contribute to suicidal thoughts and behaviors.

Certain populations of college students such as LGBTQI students, veterans, minority students, students who do not live on campus, and students who have known someone who died by suicide are at a higher risk for suicide and suicide attempts.

*Drum, D., Brownson, C., Denmark, A., & Smith, S. (2009). New data on the nature of suicidal crises in college students: Shifting the paradigm. *Professional Psychology: Research and Practice*, 40(3), 213-222. doi:10.1037/a0014465

**American College Health Association-National College Health Assessment. (2013). Reference group data report Spring 2013. Baltimore, MD: American College Health Association. http://www.acha-ncha.org/docs/ACHA-NCHA-II_ReferenceGroup_ExecutiveSummary_Spring2013.pdf