

SUICIDE & THE COLLEGE CAMPUS

According to the American Federation for the Prevention of Suicide (AFPS), suicide is the third-leading cause of death among Americans between the ages of 15 and 24, and is the second-leading cause of death – behind only traffic accidents – among college students. In 1998, suicide killed more young adults than AIDS, cancer, heart disease, pneumonia, birth defects, stroke, influenza and chronic lung disease combined.

Here are some common warning signs of depression and suicide

- ✓ **Sadness or Anxiety**
- ✓ **Feeling guilt, helplessness, or hopelessness**
- ✓ **Trouble eating or sleeping**
- ✓ **Withdrawing from friends and/or social activities**
- ✓ **Loss of interest in hobbies, work, school, etc.**
- ✓ **Increased use of alcohol and/or drugs**
- ✓ **Anger**
- ✓ **Excessive irritability**
- ✓ **Excessive impulsivity**

Specific signs of potential suicide include:

- ✓ **Talking openly about committing suicide**
- ✓ **Talking indirectly about “wanting out” or “ending it all”**
- ✓ **Taking unnecessary or life-threatening risks**
- ✓ **Giving away personal possessions**

www.jedfoundation.org

HOW TO HELP A FRIEND

Any talk of suicide by a friend, roommate, or loved one should be taken seriously and help should be sought immediately. If you notice any of the above warning signs in a friend, roommate, or loved one, there are ways that you can be of help. For example, be honest with them and express your concerns, ask them directly about thoughts of suicide, listen to them and provide emotional support, understanding and patience. There are also a number of resources available for individuals who are depressed and/or having thoughts of suicide.

Resources	Phone #'s
University Police	911 or 342-1584
University Counseling Services	(608) 342-1865
Student Health Services	(608) 342-1891
Unified Counseling	1-800-362-5717
Suicide Hotline	1-800-784-2433
American Foundation for Suicide Prevention	1-888-333-2377

- ❖ Resident Assistants & Resident Director's in your building are also a good resource.
- ❖ The Following websites contain information, questions, and other resources for suicide prevention:

www.ulifeline.org - To leverage the anonymity of the Internet and its popularity among young adults, the Jed Foundation has created Ulifeline.org, a Web-based resource that will provide students with a non-threatening and supportive link to their respective college's mental health center as well as important mental health information. Students are able to download information about various mental illnesses, ask questions, make appointments, and seek help anonymously via the Internet, a medium they are comfortable using.

www.afsp.org - The American Foundation for Suicide Prevention (AFSP) is the only national not-for-profit organization exclusively dedicated to funding research, developing prevention initiatives and offering educational programs and conferences for survivors, mental health professionals, physicians and the public.

www.jedfoundation.org - The Jed Foundation is a nonprofit public charity committed to reducing the youth suicide rate and improving the mental health safety net provided to college students nationwide. The Foundation's efforts support a key objective of the Surgeon General's National Strategy for Suicide Prevention, May 2001: by 2005, to increase the proportion of colleges and universities with evidence-based programs designed to address serious young adult distress and prevent suicide.

www.suicide-helplines.org – gives a list of suicide help lines from around the world