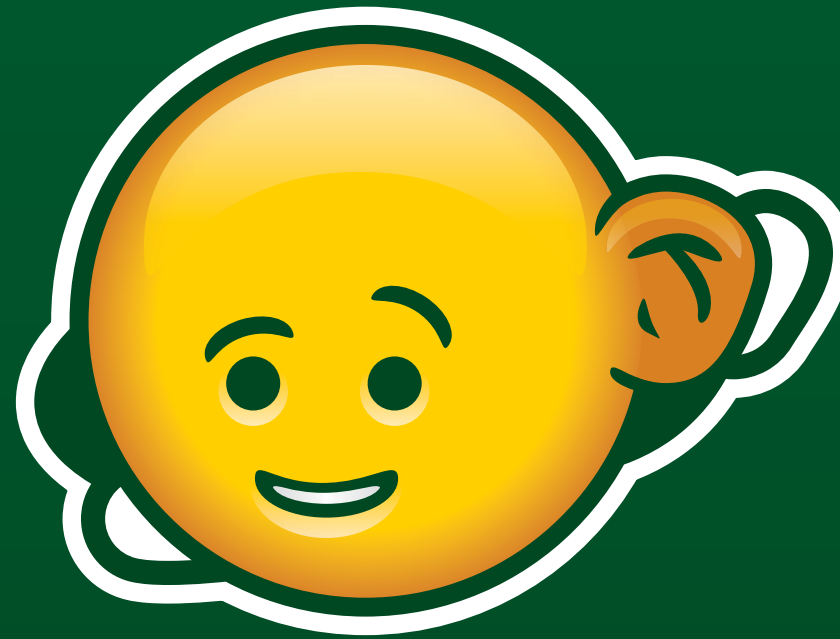




ask



listen



refer

Learn more at asklistenrefer.org

Risk Factors and **Warning Signs**

Thoughts

Trouble concentrating / Having suicidal thoughts / Planning a suicide / Rigid thinking

Emotions

Unusual interest in how others are feeling / Hopelessness / Excessive sadness or crying
Loneliness or feelings of isolation

Behaviors

Messy appearance / Pulling away from friends, family, social groups
Starting or increasing use of alcohol or drugs / Aggressive, impulsive, and disruptive behavior
Talking about death and dying / Giving away belongings, tying up loose ends
Trouble sleeping

If Your Friend Says Things Like These...

Start Asking Questions

What's the point of living?

Maybe I won't be around.

I can't go on.

I wish I were dead.

You will be better off without me.

Who cares if I'm dead, anyway?

Soon you won't have to worry about me.

I'm going to end it all.

It would be better if I wasn't here.

Nothing matters any more.

Why College Students **are at Risk**

College students face unique pressures

Leaving home for college is a major life transition.

Family and friends, a student's primary support system, are often far away.

High academic standards of parents, professors, and peers can add additional stress.

Economic pressure to finish a degree early to enter the job market.

College students may also be dealing with:

Recent, severe stressful, shameful, or humiliating life events

Trouble with authorities / Poor grades / Dropping out of school

Interpersonal and identity issues

Relationship problems / A breakup or rejection / Sexual identity issues

Conflict with family members or family dysfunction

An argument or abuse

Exposure to suicidal behavior of others

Seeing it as a solution or way to seek help

Protective Factors **that Can Help**

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.

Don't be Afraid **to Help**

**When you are concerned about a person at risk,
it is important to ask about suicide.**

Be straightforward: Are you thinking about killing yourself?

You seem very unhappy, are you wishing you were dead?

Has the idea of suicide been on your mind?

Ask about any suicide plans (the more detailed the plan, the greater the risk):

Have you thought of ways you might take your life?

Ask if they have harmed themselves in the past.

Ask about current resources:

Is there anyone in your life who is a real support to you right now?

Who do you really trust?

You asking about suicide will most likely not be the cause of someone considering it,
but it is the best way you can save their life.