

1 THE PROBLEM

In CT, suicide is the 2nd leading cause of death for college students, and 3rd for young adults 18-24 years old (CDC, 2011). Of these young adults, men die by suicide more often than women (CT OCME, 2011); however, women attempt suicide more often than men. Overall, young adults have the highest rate of treatment for intentional self-injury of all age groups (CHA, 2011).

According to the 2011 American College Health Association-National College Health Assessment, college students reported experiencing the following during the 12 months prior to the survey:

30.3% felt so depressed that it was difficult to function

49.9% felt overwhelming anxiety

36.2% felt overwhelming anger

6.6% seriously considered suicide

1.1% attempted suicide



1 WORD VOICE LIFE

Be the 1 to start the conversation

2 RISK FACTORS

Risk factors are stressful events, situations, and/or conditions that are associated with greater potential for suicide and suicidal behavior.

According to the Surgeon General, these include but are not limited to:

- Alcohol and/or substance abuse
- Past suicide attempts
- Traumatic loss
- Impulsive and/or aggressive tendencies
- Easy access to lethal methods especially guns
- Significant disappointment, humiliation, or loss of status (e.g. break-up, arrest)

3 WARNING SIGNS

Call 9-1-1 or seek **immediate** help from a mental health provider when you hear or see any one of these behaviors:

- Someone threatening to hurt or kill themselves
- Someone looking for ways to kill themselves: seeking access to pills, weapons, or other means
- Someone talking or writing about death, dying, or suicide

Seek help by contacting a mental health professional or calling 2-1-1 or 1-800-273-TALK for a referral should you witness, hear, or see anyone exhibiting any one or more of these behaviors:

- Hopelessness
- Rage, anger, seeking revenge
- Acting reckless or engaging in risky activities, seemingly without thinking
- Feeling trapped—like there's no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family, or society
- Anxiety, agitation, unable to sleep, or sleeping all the time
- Dramatic mood changes
- No reason for living; no sense of purpose in life

4 HELP

For help, these people and places can offer assistance:

- Family Member/Friend
- Faith-based Support/Clergy
- Professor/Coach/Advisor
- Residence Hall Assistant
- Campus Counseling Services
- Employee Assistance Program
- Mental Health/Substance Abuse Counselor
- CT Military Support Program
- Hotlines/Emergency Room

5 THE SOLUTION

Ways to be helpful to someone who is threatening suicide:

Be direct. Talk openly and matter-of-factly about suicide.

Be willing to listen. Allow expressions of feelings. Accept the feelings.

Be non-judgmental. Don't debate whether suicide is right or wrong, or whether feelings are good or bad. Don't lecture on the value of life.

Get involved. Become available. Show interest and support.

Don't dare him or her to do it.

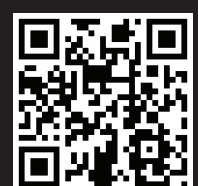
Don't act shocked. This will put distance between you.

Don't be sworn to secrecy. Seek support.

Offer hope that alternatives are available, but do not offer thoughtless reassurance.

Take action. Remove any means, such as guns or stockpiled pills, or get help to do so.

Get help from a trusted source and/or by calling the National Suicide Prevention Lifeline 24 hours a day at 1-800-273-TALK(8255) or in CT call 2-1-1.



FOR MORE INFORMATION ABOUT SUICIDE PREVENTION:

NATIONAL RESOURCES

Active Minds
www.activeminds.org

American Association of Suicidology
www.suicidology.org

American Foundation for Suicide Prevention
www.afsp.org

Centers for Disease Control and Prevention
www.cdc.gov/violenceprevention/suicide/index.html

JED Foundation
www.jedfoundation.org

National Alliance on Mental Illness (NAMI)
www.nami.org

National Hopeline
1-800-SUICIDE (784-2433)
www.hopeline.com

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
www.suicidepreventionlifeline.org

Substance Abuse Mental Health Services Administration
www.samhsa.gov/prevention/suicide.aspx

Suicide Prevention Action Network
www.spanusa.org

Suicide Prevention Resource Center
www.sprc.org

The Trevor Project
1-866-488-7386
www.thetrevorproject.org

Veterans Crisis Line
1-800-273-8255 press 1 for veterans
www.veteranscrisisline.net

CONNECTICUT RESOURCES

American Foundation for Suicide Prevention: Southern CT Chapter:
www.afsp.org/chapters

Connecticut Clearinghouse
1-800-232-4424
www.ctclearinghouse.org

CT Poison Control Center
1-800-222-1222
www.poisoncontrol.uchc.edu

Connecticut Suicide Advisory Board
www.preventsuicidect.org

Department of Children & Families
EMPS - Crisis Intervention Service (Youth under 18)
2-1-1
www.empsct.org

Department of Education
Guidelines for Suicide Prevention: Policy & Procedures
www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/PsychSocial/SP_Guidelines.pdf

Department of Mental Health & Addiction Services
DMHAS Crisis Services & CT Military Support Program
www.ct.gov/dmhas

DMHAS Suicide Prevention Initiatives
www.ct.gov/dmhas/suicideprevention

Department of Public Health
CT Comprehensive Suicide Prevention Plan (2005)
www.ct.gov/dph/lib/dph/Suicide_Prevention_Plan.pdf

United Way of Connecticut
Crisis Hotline: 2-1-1
www.211ct.org

IMPORTANT CRISIS RESOURCES

CT Poison Control Center
1-800-222-1222
<http://poisoncontrol.uchc.edu>

DMHAS Crisis Services (Adults 18+)
www.ct.gov/dmhas

DMHAS CT Military Support Program
www.ct.gov/dmhas
24/7 Call Center 1-866-251-2913

EMPS - Crisis Intervention Service (Youth under 18)
2-1-1
www.empsct.org

National Hopeline
1-800-SUICIDE (784-2433)
www.hopeline.com

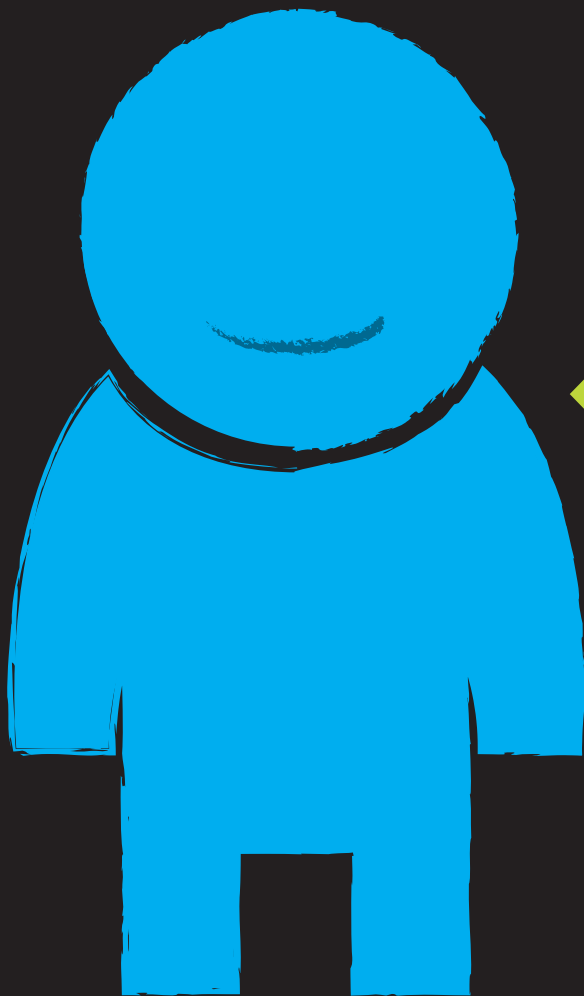
National Suicide Prevention Lifeline:
1-800-273-TALK (8255)
www.suicidepreventionlifeline.org

The Trevor Project
1-866-488-7386
www.thetrevorproject.org

United Way of Connecticut
Crisis Hotline 2-1-1
www.211ct.org

Veterans Crisis Line
1-800-273-8255 (press 1 for veterans)
www.veteranscrisisline.net

9-1-1 (for emergencies)



NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

SUICIDE IS PREVENTABLE.

EVERY TWO HOURS
ELEVEN (11)
MINUTES,
SOMEONE UNDER
THE AGE OF 25
DIES BY SUICIDE.

BUT IT DOESN'T
HAVE TO BE
THIS WAY.