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 it was difficult to function
- 49.9% felt overwhelming anxiety
- 36.2% felt overwhelming anger
- 6.6% seriously considered suicide
- 1.1% attempted suicide

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)

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

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.hopelinet.org

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

Substance Abuse Mental Health Services Administration

Suicide Prevention Action Network
www.spansusa.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
1-800-273-4424
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.dep.ed.state.ct.us/pdf/DEP'S_Student_Psych_Social/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)

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.hopelinet.org

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)

SUICIDE IS PREVENTABLE.

EVEry two hours
eLleVN (11) mInuteS,
someone under the age of 25 dies by suicide.

BUT IT DOESN’T HAVE TO BE THIS WAY.