

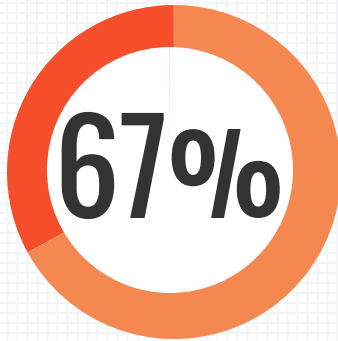


Suicide is Preventable

in Higher Education

Conversations are powerful tools

College students who tell a friend they are feeling suicidal before anyone else.



of students with suicidal thoughts never seek treatment or counseling.

How can you help?

SPEAK UP!

Practice these conversations. They aren't easy, but talking to someone you care about can help provide...



Guidance



Information



Support

There are many early warning signs if someone is living with a mental health problem. Here are a few.

- ✓ Little or no energy
- ✓ Noticeable weight gain or loss
- ✓ Increased alcohol or drug use
- ✓ Lack of social interaction



More than 1,100 college students die by suicide each year. Have a conversation that could save someone's life.

Approach

- 👍 Approach in a supportive manner
- 👍 Focus on things you have directly observed
- 👍 Ask open-ended questions
- 👍 Demonstrate respect

Refer

Referring to local resources can really make a difference. Be sure to know what resources are available and know how to connect with them.

Sources

- <http://www.mentalhealth.gov/basics/what-is-mental-health/index.html#early>
- <http://www.mentalhealth.gov/talk/friends-family-members/>
- <http://www.activeminds.org/our-programming/awareness-campaigns/suicide-prevention-month>

PRACTICE CONVERSATIONS AND LEARN MORE AT

www.kognito.com/ccc