

Suicidal Prevention Resources

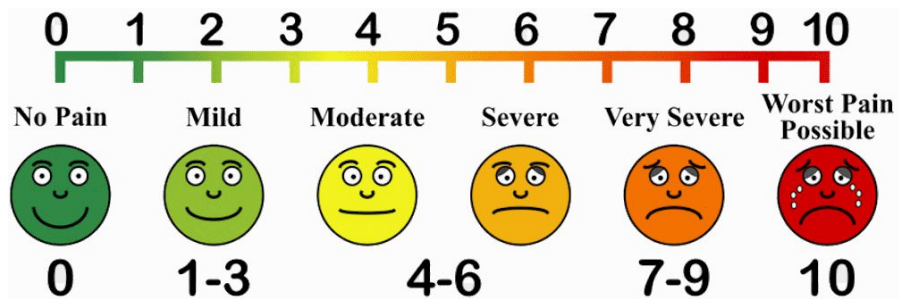
What is suicidal Ideation?

Suicidal Ideation means having serious thoughts about taking your own life. There are two types of suicidal ideation, passive and active.

Passive suicidal ideation occurs when you wish you were dead or that you could die, but you don't actually have plans of harming yourself or attempting suicide.

Active suicidal ideation is not only thinking about wanting to die but having the intent to complete suicide. This includes having a plan (how you would do it) and means (a weapon, etc.)

At certain times in our lives, it is normal to have suicidal thoughts or feelings without actually wanting to harm yourself. Think of suicidal ideations on this scale below:



KNOW THE WARNING SIGNS

WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:

- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

FEELING:

- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:

- ▷ Making a plan or researching ways to die
- ▷ Withdrawing from friends, saying good bye, giving away important items, or making a will
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

National Suicide Prevention Lifeline
1-800-273-TALK

Crisis Text Line
Text "HELLO" to 741741



www.nimh.nih.gov/suicideprevention

SUICIDE WARNING SIGNS



Websites:

[My Friend is feeling Suicidal – How do I help?](#) – Click here for a guide on how to help a friend who is actively suicidal.

[Coping with Suicidal Thoughts](#) – PDF that provides coping strategies for individuals dealing with suicidal thoughts/ideations.

[Suicide Prevention in College](#) – A resource guide on emergency assistance, warning signs & prevention of suicide in college students

[Suicide Prevention: Practical Coping Strategies from Students and Staff](#) – A resource for helpful anxiety and mood management strategies when an individual is dealing with suicidal ideation.

[What are suicidal thoughts?](#) – A guide to understanding suicidality, symptoms associated with feeling suicidal, and possible causes of these feelings/emotions

[Why are Suicide and Suicidal Thoughts So Common Among College Students?](#) – Article exploring suicidal ideation in college students.

[The Jed Foundation](#) – One of the nation's leading organizations working to promote emotional health and prevent suicide among college students.

[ULifeline](#) – An online resource for college mental health. It also includes a help line for those with suicidal thoughts and resources on how to help a friend.

[Suicide and Depression Awareness for Students](#) – A helpful guide for students that provides education on suicide, statistics surrounding suicide, warning signs, ways to get help, special populations at risk, and more.

[The Trevor Project](#) – Leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) youth.

Who to Contact:

- Campus Safety - (704) 233-8999
- Residence Life After-Hours – (980) 219-4950
- [Crisis Text Line](#) – Text HOME to 741741 - free, confidential text line for individuals who are currently in crisis. This line is available 24/7.
- [Suicide Prevention Lifeline](#) – 1-800-273-8255 – free, confidential emotional support for individuals in suicidal crisis or emotional distress. This line is available 24/7.
- Call 911 in emergency situations.