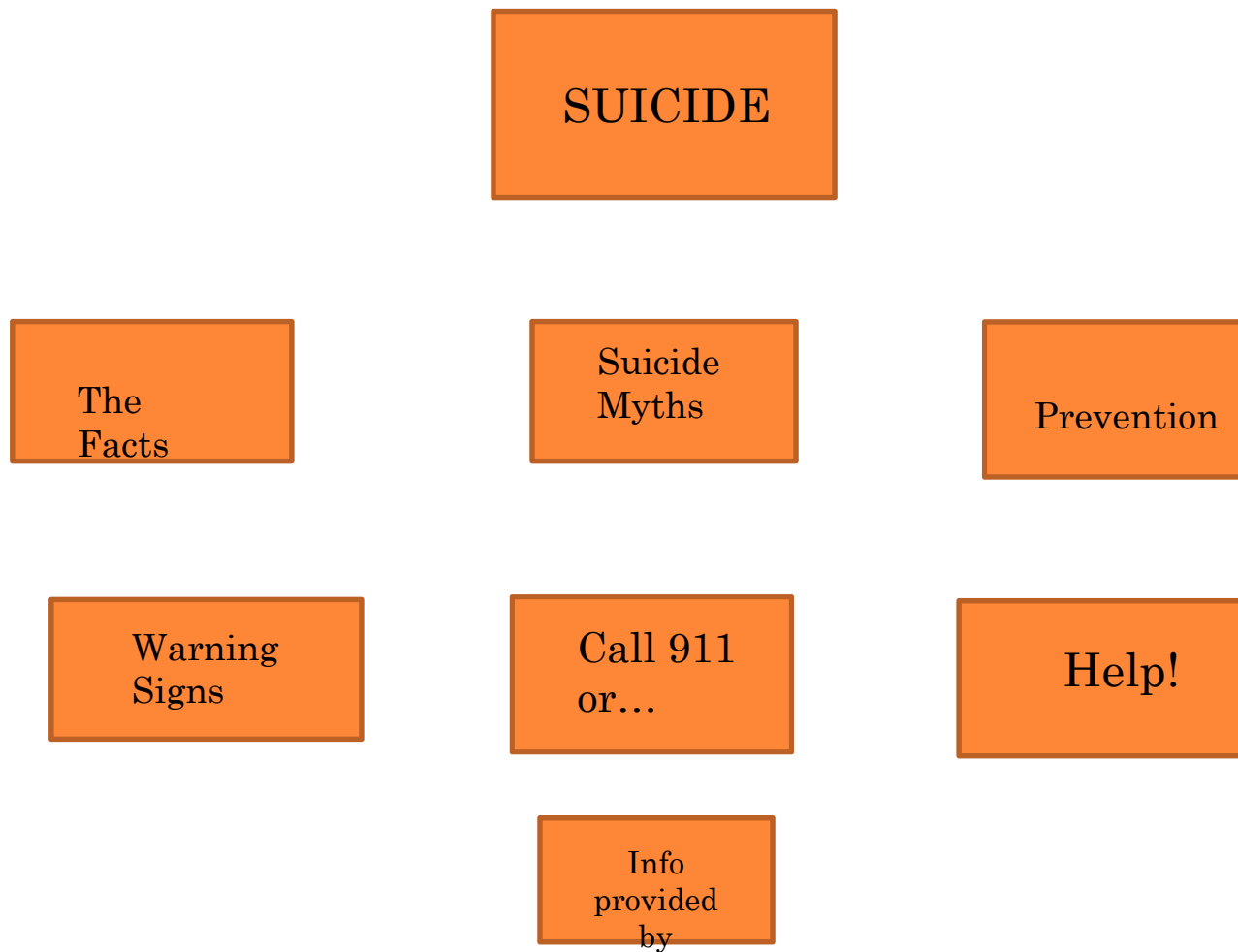


Layout suggestion below:





SUICIDE

THE FACTS:

- 31,655 people die of suicide each year in the U.S.
- 1,100 of these people are college students.
- Suicide is the 3rd leading cause of death in ages 15-24.
- Males are 4 times more likely to die of suicide than females.
- 90% of suicides are associated with mental illness or alcohol and drug abuse.
- Depression is the #1 risk factor of suicide.

SOURCE: http://www.afsp.org/files/College_Film/factsheets.pdf

Suicide Myths

- People who talk about suicide won't really do it.
- Anyone who tries to commit suicide is crazy.
- If a person is determined to kill themselves, nothing will stop them.
- People who commit suicide are the ones who were unwilling to seek help.
- Talking about suicide will give one the idea to do it.

SOURCE: *SAVE - Suicide Awareness Voices of Education*

PREVENTION

SUICIDE IS PREVENTABLE!

- If someone you know is thinking about suicide you can take these steps to help:
 - 1. **SPEAK UP!**

Talk with this person if you are worried.
 - 2. **RESPOND QUICKLY**

Ask them if they have a suicide plan ready. If so, know they are at high risk for committing suicide in the near future.
 - 3. **OFFER YOUR HELP AND SUPPORT**

Let them know they are not alone and stay in touch with them.

SOURCE: http://helpguide.org/mental/suicide_prevention.htm





WARNING SIGNS



- Loss of interest in life
- Looking for ways to kill self such as pills, weapons, etc.
- Suicidal Talk
- Self -Hatred
- The feeling of being a burden
- The feeling of not belonging
- Increased alcohol or drug abuse
- Withdrawal from friends and society
- Anxiety
- Sleeping all the time or not at all
- Extreme mood changes (may be a positive one right before committing suicide)

CALL 911 OR SEEK A
IMMEDIATE MENTAL
HEALTH PROVIDER IF
YOU HEAR OR SEE ANY
OF THESE BEHAVIORS!



HELP!

For 24/7 help call the
national suicide
prevention hotline
1-800-273-TALK

INFORMATION PROVIDED BY:



Health, Wellness, & Recreation Center, Room 1106

615-494-8704

www.mtsu.edu/healthpro

www.facebook.com/mthealthpromotion

