



SUICIDAL IDEATION

Approximately

1100

college students
die by **SUICIDE** each year,
making it the **second-leading
cause of death** among
college students

(Wilcox et al., 2010)

12%

of college students reported
suicide ideation during their
four years in school

(Wilcox et al, 2010)

2.6%

of college students reported
persistent suicidal ideation

(Wilcox et al, 2010)

65%

of college students reported that
they knew someone who has
either attempted or died by suicide

(Cerel et al, 2013)

WHAT IT LOOKS LIKE

- Deteriorating academic performance
- Depression, dramatic mood changes
- Hopelessness
- Preoccupation with death
- Anxiety or agitation
- Uncontrolled anger or rage
- Engaging in risky activities
- Withdrawing from friends & family
- Neglecting appearance & hygiene
- Increased alcohol or drug use
- Giving away prized possessions

(Harvard University, 2020)

RISK FACTORS

- Depression and other mental disorders, or a substance-abuse disorder
- Stressful life events, in combination with other risk factors such as depression
- Prior suicide attempt
- Family history of mental disorder, substance abuse, or suicide
- Family history of violence or abuse
- Access to a firearm or other lethal means such as medications

(Amour, 2020)

If you notice someone who is suicidal

- Show interest and be supportive
- Be direct; ask them if they are considering suicide or have a plan
- Don't be judgemental; give advice or try to talk them out of suicide
- Offer hope that alternatives are available
- Take action, remove means, and assist them in getting the help they need
- Inform Residence Life and Housing staff if you live in a residence hall
- Consult with a counselor if needed

(Amour, 2020)

WHAT
YOU
CAN
DO!

IMPACT OF COVID-19

25%

of people aged 18-24 seriously contemplated suicide in June 2020
(Son et al, 2020)

25%

of people aged 18-24 increased their substance use to cope with the pandemic
(Active Minds, 2020)

75%

of people aged 18-24 reported facing at least one adverse mental health symptom
(Active Minds, 2020)

75%

of students know someone who has had suicidal thoughts during the pandemic
(Active Minds, 2020)

More prone to sadness during this period of social isolation, uncertainty, and abrupt transitions

(APA, 2020)

Removal from social support system and extracurricular activities at school can cause students to feel less connected with their friends, organizations, and hobbies

(Stress in America, 2020)



THE COLUMBIA-SUICIDE SEVERITY RATING SCALE

Q-1

Have you wished you were dead or wished you could go to sleep and not wake up?

Q-2

Have you actually had thoughts about killing yourself?

If YES to 2, answer questions 3, 4, 5, and 6.

If NO to 2, go directly to question 6

Q-3

Have you thought about how you might do this?

Q-4

Have you had any intention of acting on these thoughts of killing yourself? (As opposed to having the thoughts but you definitely would not act on them?)

Q-5

Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?

Q-6

Have you done anything, started to do anything, or prepared to do anything to end your life?

such as collecting pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself?

HELPFUL RESOURCES

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)TM

If you or someone you
know is thinking about suicide,
call the **National Suicide
Prevention Lifeline.**