

The Ohio State University Campus Suicide Prevention Program

(OSU CSPP) and the REACH Campaign

Suicide is the second leading cause of death among college students (Suicide Prevention Resource Center, 2006).

OSU students reported:

- 91% feeling overwhelmed
- 74% feeling very sad
- 59% feeling hopeless
- 17% experiencing depression
- 12% experiencing an anxiety disorder
- 7% seriously considered suicide

Nearly 1% of OSU students attempt suicide.

Tragically, only 26 percent of students surveyed reported that they were currently receiving the help that they need.

The mission of the OSU CSPP and Reach Campaign is to decrease the number of completed suicides on campus and increase mental health seeking behavior.



REACH: To Save a Life

- R**ecognize and respond to warning signs;
- E**mpathize and engage in discussion;
- A**ct by asking the suicide question;
- C**onnect and convey hope with treatment;
- H**elp them get to help.

Suicide Hotline:

614-221-5445 (Columbus Area)
1-800-273-TALK (National/Veteran)
Emergency Services: 911

The Ohio State University Resources

Counseling and Consultation Service (CCS):
614- 292-5766, ccs.osu.edu.

Provides:

- Urgent appointments M-F for students in crisis.
- Referrals for counseling at all OSU Regional Campuses.
- Confidential services for OSU students and spouses/partners.

The Emergency Department at the OSU Medical Center (OSUMC ED)
614-293-8333

The Student Health Services
614-292-4321

- Health care services to students.

The Student Advocacy Center
614-292-1111

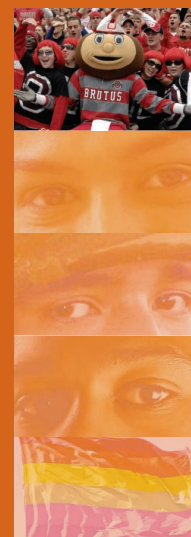
- Helps students navigate problems at OSU

The Student Wellness Center (SWC)
614-292-4527

- Helps with wellness and financial concerns



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Suicide Prevention for Ohio State University Students



Suicide is a leading cause of death for college students. You can help save a life by knowing and understanding the facts of suicide prevention.

College life can be a time of high stress. Some common events that contribute to student stress are: embarrassment, shame, a break-up or loss of a relationship, not getting into your major, fear of poor grades and loss of financial aid, the pressure to "be perfect".

College students may be reluctant to seek help because of :

- Beliefs that they should be able to handle their problems on their own
- Concerns about what family, peers, or professors might think
- Concerns that their feelings mean they are "crazy".

Having thoughts of suicide is often a sign that something needs attention and care. Most suicidal people don't want to die—they just want their pain to end.



KNOW THE SUICIDE RISKS FOR COLLEGE STUDENTS

- 90% of students report knowing another student who is thinking about suicide.
- 43% of students admit to having had thoughts of suicide within 12 months.
- 30% of students state that their academic work has suffered due to mental health problems.
- Young men are much more likely than young women to die by suicide.

RISK FACTORS:

- Depression, irritability, and/or feeling misunderstood, hopeless, or helpless
- Recent loss
- Feelings of worthlessness, excessive guilt, or shame
- Withdrawal from friends and activities
- History of suicide attempt
- Alcohol and/or drug use, access to guns, pills, knives
- Young men are much more likely to express depression through anger and increased alcohol and/or drug use.

WARNING SIGNS

- Expresses depression, anxiety, stress, and feelings of hopelessness.
- Has increased conflict with or aggression toward others.
- Talks or writes about death and dying, killing oneself, or ending it all.
- Starts giving away possessions or tying up loose ends.
- Withdraws from family, friends, and activities once enjoyed.
- Increases use of alcohol and/or drugs or engages in reckless behaviors.
- Gains access to guns, pills, knives, etc.

DON'T IGNORE THE WARNING SIGNS.

- Ask them directly if they are thinking about suicide
- If you can't ask, get someone who will ask.
- Be persistent but gentle.

Don't worry about saying the wrong thing.

TAKE SUICIDE RISK SERIOUSLY, CONVEY HOPE

- It is always better to overreact than under react.
- Express your concern.
- Listen, offer support and understanding.
- Don't judge, argue, or act shocked by their plans.
- Your genuine interest and support are what matters.

Knowing that someone cares and is concerned is very important towards receiving help.

GET HELP, TOGETHER: (Info on back)

- Call the Hotline. It is free, open 24 hours, and helps.
- Call the campus counseling center. Students have access to free counseling.
- Offer to go with them to the ER if that is where they need or want to go.
- Never promise to keep this secret.

You can also call hotline for advice or assistance on how to proceed.

NEVER LEAVE THE PERSON ALONE, IF POSSIBLE

- Family or friends
- Religious leader
- The Counseling Center
- Resident Advisors
- Campus Security

If they refuse all those services, get a promise from them that they will not hurt them self.

*Help them find a reason
to live one more day.
There is hope.*

KNOWING ABOUT DEPRESSION HELPS.

One in three college students report prolong periods of depression within the past year.

What is Depression?

- It is a medical problem that can affect anyone at any time;
- It can be successfully treated;
- You don't "get over it" or "snap out of it";
- Like any illness, a person with depression needs professional help.

How does Depression feel?

- Sadness that lasts longer than a few days or weeks;
- Little or no enjoyment in life;
- Tired much of the time;
- Difficulty concentrating;
- Feeling worthless or guilty;
- Hopelessness and despair.

Common concerns among College Students who experience depression

- **Academic problems:** Missing classes, not completing assignments, inattentiveness, and/or failing exams and courses;
- **Relationship problems:** Conflicts with roommates, family, friends, and/or partners, feelings of social isolation, feeling misunderstood
- **Engaging in risky behaviors:** Violence, unprotected sex, alcohol and other drug abuse, and/or driving under the influence.
- **Spiritual disconnection:** Loss of faith, alienation from religion