## 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).

*The Ohio State University Facts:*
*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
reach.osu.edu

### 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

OSU SUICIDE PREVENTION
suicideprevention.osu.edu

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# Suicide Prevention for International College Students

REACH
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International students, like all college student populations, are at risk for suicide.

Along with the stresses many college students face, international students often experience additional pressures such as:

- adjusting to a new culture,
- using a foreign language,
- learning new social interactions,
- feeling misunderstood,
- having limited local support.

International students often report depression as one of their primary concerns. Many cultures communicate that counseling is for people who are "weak".

International students may be reluctant to seek help, which increases their risk for suicide.

THE OHIO STATE UNIVERSITY

## KNOW THE SUICIDE RISKS FOR INTERNATIONAL STUDENTS:

*Suicide Risk Increases when International students experience:*

- Prejudice, inter-cultural conflict
- A new educational system, language barriers
- A recent loss (e.g., death or break-up)

*Suicide Risk Increases when students have:*

- Homesickness and culture shock
- Fears about seeking help for depression or suicidal thoughts
- Feelings of *hopelessness* and *helplessness*
- Conflict with others or feel misunderstood
- Behaviors that are impulsive or aggressive

*Suicide Risk Increases when there is a:*

- History of family depression and/or suicide
- History of abuse
- History of previous suicide attempts
- Mental health problem that is untreated e.g., depression, bipolar disorder, or anxiety

*Suicide Risk Increases when the International student has access to:*

- Firearms or other lethal methods

## KNOW THE SUICIDE RISK WARNING SIGNS

*An individual may be suicidal if he or she:*

- Reports feeling very depressed
- Experiences anxiety and/or stress
- Has increased conflicts with friends, roommates, peers, faculty
- Talks about wanting to commit suicide
- Is focused on death and dying
- Writes about death and/or suicide
- Starts giving away possessions
- Withdraws from family, friends, and activities once enjoyed
- Says things like, "I don't deserve to be here," "I wish I were dead," "I am going to kill myself," or "I want to die."
- Increases their use of alcohol and/or other drugs
- Engages in reckless behaviors
- Secures a firearm or other lethal methods

## TAKE SUICIDE RISK SERIOUSLY, CONVEY HOPE

*Hopefulness is the best defense against suicide. It is always better to overreact than under react.*

- Stay calm, listen and accept their feelings.
- Try not to judge or argue.
- Don't act shocked by their plans.
- Be direct. Do not be afraid.
- Be persistent but gentle as you get them to answer your question.

## DON'T IGNORE THE WARNING SIGNS.

*Reach Out: Always Ask.*

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

## GET HELP, TOGETHER:

*Know the resources at OSU and in your community:*

- Offer to go with the person for help at:

  **OSU CCS (student counseling center): 614-292-5766**

  **Hospital Emergency Room: 614-293-8333**
- Help them call the **Suicide Hotline:**

  **Columbus Area: 1-614-221-5445**

  **National/Veteran: 1-800-273-TALK (8255)**
- **Emergency Services: 911**

## NEVER LEAVE THE PERSON ALONE, IF POSSIBLE.

*Find someone else who can help;*

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

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

## KNOWING ABOUT DEPRESSION HELPS

*What is Depression?*

- It is a medical problem.
- It can affect anyone at any time.
- You don't "get over it" or "snap out of it".
- Like any illness, a person with depression needs professional help.
- It can be successfully treated with appropriate treatment.
- Stress, life events or a combination are triggers.

*How does Depression feel? People with depression report that they feel:*

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

*What does Depression look like? Learn to recognize the signs.*

- Depressed mood
- Irritability
- Diminished interest in activities
- Difficult falling asleep or sleeping all the time

## Common concerns among International college students who experience depression

*Understanding what to look for is helpful:*

- **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 sexual practices, alcohol and other drug abuse, and/or driving under the influence.
- **Spiritual disconnection:** Loss of faith, alienation from religion due to suicidal thoughts.