

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: To Save a Life

Recognize and respond to warning signs;
Empathize and engage in discussion;
Act by asking the suicide question;
Connect and convey hope with treatment;
Help 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 Asian American College Students



Asian American students, like all college student populations, are at risk for suicide. The suicide rates of Asian American college age students are among the highest of their peers

There is a great diversity of cultures and countries of origin included in the term "Asian American," and suicide rates and levels of risk can vary greatly among this group.

One study found that only 17% of Asian American college students who were experiencing mental health problems sought care. Asian American students are at greater risk for suicide when

- there is an absence of interpersonal attachments,
- they experience feelings of worthlessness, and
- they have a sense of hopelessness.



KNOW THE SUICIDE RISKS FOR ASIAN AMERICAN STUDENTS:

Suicide Risk Increases when Asian American students experience:

- Prejudice, intercultural conflict, or discrimination
- Conflicts with parents or feeling rejected by them
- A recent loss (e.g., death or break-up)
- Financial concerns
- Traumas, such as those often reported by refugees

Suicide Risk Increases with:

- Feelings of alienation, loneliness, guilt, shame, or inadequacy
- Feelings of *hopelessness* and *helplessness*
- 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 Asian American 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 Asian American 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.