

- **↓** Immediate Help
- ↓ Identify Warnings & Risk Factors

## **Immediate Help**

If the individual is in immediate danger, call the University Police emergency help line.

936.294.1000

**If you are uncertain or the individual is not in immediate danger**, call the Counseling Center during operating hours which are weekdays between 8am to 4:30pm.

\$ 936.294.1720

After hours, you can call the non-emergency University Police help line.

936.294.1800

## **Identify Warnings & Risk Factors**



## Warning Signs

Some common warning signs exist that can indicate that a student may be considering harming her/himself. These signs may be clear or subtle, and may or may not predict suicidal behavior. Evaluate the immediate risk of suicide by engaging the student in a conversation. Use the following warning signs to guide your conversation (list is not all inclusive):

#### If a person talks about:

- Killing
- · Feeling hopeless
- · Having no reason to live
- · Being a burden to others
- · Feeling trapped
- · Unbearable pain

## If a person behaves differently, such as:

- · Increased use of alcohol or drugs
- · Looking for a way to end their lives, such as searching online for methods

Visiting or calling people to say goodbye

- · Withdrawing from activities
- · Isolating from family and friends
- · Sleeping too much or too little
- · Giving away prized possessions
- Aggression
- Fatigue

## If a person display one or more of the following moods:

- Depression
- Anxiety
- · Loss of Interest
- Irritability
- · Humiliation/Shame
- Agitation/Anger
- Relief/Sudden Improvement

### **Risk Factors**

Risk factors are characteristics or conditions that increase the chance that a person may try to take their life.

#### Health

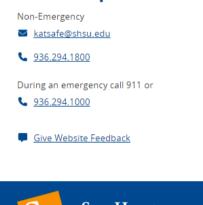
- Depression
- · Substance use problems
- · Bipolar disorder
- Schizophrenia
- · Personality traits of aggression, mood changes and poor relationships

## **Environmental Factors**

- · Access to lethal means including firearms and drugs
- · Prolonged stress, such as harassment, bullying, relationship problems or
- unemployment · Stressful life events, like

#### **Historical Factors**

- · Previous suicide attempts
- · Family history of suicide
- · Childhood abuse, neglect or trauma





rejection, divorce, financial crisis, other life transitions or

· Exposure to another person's suicide, or to graphic or

sensationalized accounts of

loss

suicide

## **Need Help?**

Conduct disorder

 Anxiety disorders · Serious physical health

conditions including pain

· Traumatic brain injury

## Contacts Sam Houston State University **University Contacts** Personnel & Department Search

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Administration

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Fraud Reporting Hotline Title IX (Sexual Misconduct)

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State Auditor's Office Hotline Online Institutional Resumes

https://www.shsu.edu/katsafe/get-help.html#suic...