



GET HELP

HOME / KATSAFE

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Use these resources to find the help you, your friends, or family need. If the situation is potentially life-threatening, get emergency help by calling 911.

- Safety & Support
- Suicide
- Sexual Assault
- Drug & Alcohol

Suicide Awareness & Prevention

Every suicide is a tragedy that affects families, communities and entire countries and has long-lasting effects on the people left behind. Resources include:

- ↓ [Immediate Help](#)
- ↓ [Identify Warnings & Risk Factors](#)
- ↓ [Ways to Cope with Life](#)

Immediate Help

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

📞 [936.294.1000](tel: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](tel:936.294.1720)

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

📞 [936.294.1800](tel:936.294.1800)

KatSafe
Emergency Preparation
Emergency Trainings
Make an Emergency Kit
Plan an Event
Campus Carry
Alert System
Support Services

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
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- 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

- Conduct disorder
- Anxiety disorders
- Serious physical health conditions including pain
- Traumatic brain injury
- rejection, divorce, financial crisis, other life transitions or loss
- Exposure to another person's suicide, or to graphic or sensationalized accounts of suicide

Ways to Cope with Life



[Attend a Workshop](#)



[Read Self-Help Guides](#)



[Start Counseling](#)

Need Help?

Non-Emergency

✉ katsafe@shsu.edu

☎ [936.294.1800](tel:936.294.1800)

During an emergency call 911 or

☎ [936.294.1000](tel:936.294.1000)

💬 [Give Website Feedback](#)



**Sam Houston
State University**

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