



Sam Houston
State University

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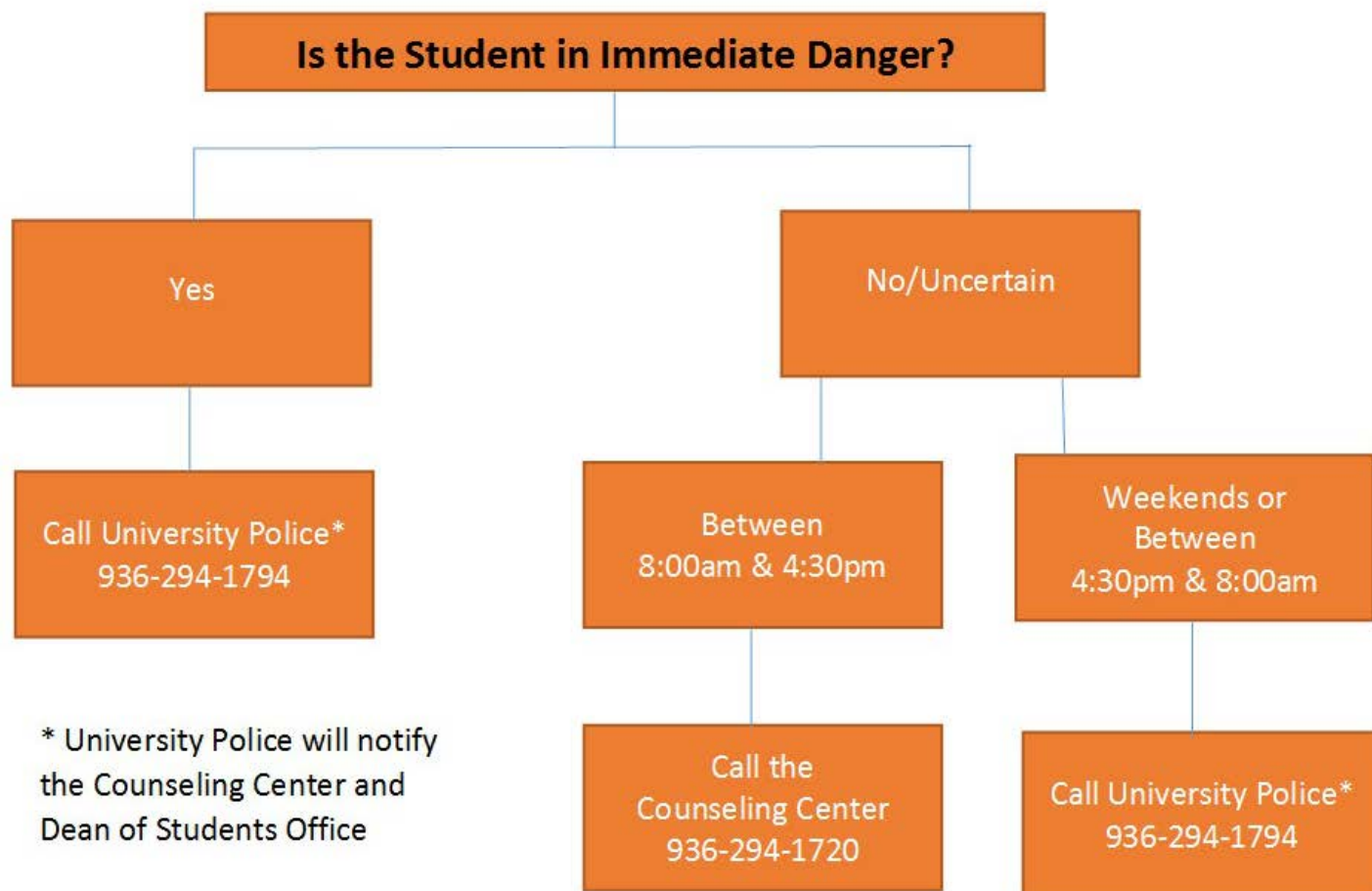
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Suicide Prevention

SHSU Suicide Prevention

Suicide is one of the leading causes of death
for young people, but it doesn't have to be.

There are things you can do to identify
problems and help someone in need.



Responding to Suicidal Ideation/Behaviors

If a student appears to be in imminent danger of harming him/herself, take the following immediate action:

- Call University Police at 936-294-1794 for the student to be transported to the hospital emergency room.
- Call the SHSU Counseling Center at 936-294-1720 to inform them of the situation
- University Police will notify the Dean of Students office.

If a student threatens suicide (verbal or written), and/or evidence of recent superficial wounds are observed, and the degree of imminent danger is unclear:

- Call the SHSU Counseling Center at 936-294-1720
- If it is after business hours or on the weekend, call University Police at 936-294-1794.

Warning Signs of Suicide

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):

Depression

- Feeling of hopelessness, helplessness, or worthlessness
- Social isolation
- Insomnia or excessive sleeping
- Significant appetite loss or gain
- Decreased interest or pleasure in previously enjoyed activities
- Themes of death in artwork, poetry, or conversation

Previous Attempts

- 4 out of 5 individuals who actually die by suicide have made at least one previous attempt. Therefore, it is important that you inform a member of the Crisis Intervention Team of a student who is exhibiting behavior that may indicate suicidal ideation.

Significant Loss

- Any real or perceived loss such as relationship breakup, loss of status/prestige, or physical impairment

Alcohol/Drug Abuse

- Alcohol and drug abuse are second only to depression and other mood disorders as the most frequent risk factors for suicidal behavior
- Alcohol and some drugs can result in a loss of inhibition, may increase impulsive behavior, can lead to changes in the brain that result in depression over time, and can be disruptive to relationships; resulting in alienation and a loss of social connection
- One study found that alcohol was a factor in one third of ALL suicides

Suicide Plan

- The more specific the plan, the more serious the risk

Talking About Suicide

- This may be stated directly, "I'm going to kill myself."
- This may be stated indirectly, "You would be better off without me" or "soon you won't have to worry about me anymore" or "I just have no reason to go on."


Signs of Imminent Danger (list is not all-inclusive)

- The student has inflicted harm to self that a reasonable person would regard as serious.
- The student is believed to have ingested substances of which the amount and effects are uncertain.
- The student has threatened harm to self or talked openly about wanting to harm self, and is suspected of using alcohol or drugs.
- The extent of self-injury is unknown and the student is apparently unconscious and unresponsive to stimuli.

SHSU Counseling Center information

If you feel that any one of these applies to you, you may find it helpful to come to the University Counseling Center and talk it over with a counselor. Counseling services are available during normal business hours throughout the year (including breaks between semesters) except on University designated holidays. For more information, call us at (936) 294-1720 or stop by to make an appointment to speak with a counselor. The Counseling Center is located next to Old Main Market.

Follow SHSU:



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