DO YOU KNOW HOW TO HELP?

FGCU Campus Suicide Prevention:
Tips on how to help a friend

Eagles AWARE

Although many university students navigate through these years with only minor or expectable psychological bumps and bruises, estimates are that about 10% of students seriously think about suicide each year. An even greater number—about half—of all students report feeling so overwhelmed at least once during the past school year that it was difficult to function. Being a university student can be puzzling, but there is help putting the pieces together.
Indirect:
- “I’m tired of life, I just can’t go on.”
- “My family would be better off without me.”
- “Who cares if I’m dead anyway.”
- “I just want out.”

Direct:
- “I’ve decided to kill myself.”
- “I wish I were dead.”
- “I’m going to commit suicide.”
BE AWARE OF BEHAVIORAL CUES

- Any previous suicide attempt
- Acquiring a gun or stockpiling pills
- Co-occurring depression, moodiness, hopelessness
- Unexplained anger, aggression and irritability
- Drug/alcohol abuse, or relapse after a period of recovery
- Increase in risk taking behavior
- Sudden interest or disinterest in religion
- Change in sleep or eating patterns
- Decreased engagement in previously pleasurable activities or relationships
- Preoccupation with death or dying
- Facebook activity that suggests possible suicidal thoughts
BE AWARE OF ANY RECENT SITUATIONS

- Any recent trauma: Being expelled from school or failing grades; a recent unwanted move; relationship violence; death of a spouse, child, or best friend, especially if by suicide
- Loss of any major relationship
- Diagnosis of a serious or terminal illness
- Anticipated loss of financial security
- Fear of becoming a burden to others
BE ON THE LOOK-OUT

- Have you noticed a change in behavior?
- Is s/he isolating?
- Has s/he experienced a trauma?
- Is s/he abusing alcohol/drugs, increasing their use, or using in a high-risk manner?
HOW TO ASK ABOUT SUICIDE

- If in doubt, don’t wait, ask about suicide
- Tell your friend, "I am concerned about you" and ask how he or she has been feeling. Listen, offer support, and be understanding. You do not have to become that person's therapist, just be supportive.
- Talk to the person alone in a private setting
- Allow the person to talk freely
- Give yourself plenty of time
- Be persistent—this is important!
- Most attempts to offer help and support are met with relief, so don't be afraid to talk.
- However, do not agree to keep secrets.
- Remember to get help and support for yourself too.
You can be Less Direct:
- “Have you been unhappy lately?”
- “Do you ever wish you could go to sleep and never wake up?
- “Have you been feeling so hopeless lately that you’ve been thinking about ending your life?”

Or You can be More Direct:
- “You know, when people are as distressed as you seem to be, they sometimes wish they were dead. I’m wondering if you’re feeling that way, too?”
- “You seem to be pretty miserable, I wonder if you’re thinking about suicide?”
- “Are you thinking about killing yourself?”
CAPS is expanding their help/crisis line to 24/7—any student who needs “in the moment” support can call 745-3277 ("EARS") to speak with a counselor.

HOWEVER, if you have an emergency or you are sending someone in crisis, please call their office at 239-590-7950 to let them know, accompany the person, or ask him or her to state: “THIS IS URGENT—I NEED TO SEE SOMEONE TODAY.”
WHERE TO GET HELP 24/7

- National:
  - 1-800-273-TALK, National Suicide Prevention Lifeline
  - www.suicidepreventionlifeline.com

- Lee County:
  - SalusCare Ortiz Campus – Crisis Stabilization Unit, 239-275-3222
    Emergency Hotline 239-275-4242
  - Park Royal Hospital @ Health Park: 239-985-2760 (Hospital option)

- Collier County:
  - David Lawrence Center 239.455.8500
  - Project Help Hotline: 239-262-7227
  - http://www.projecthelpnaples.org
ONLINE RESOURCES

- **J Timothy Hogan Foundation**
  - [www.jthogan.com](http://www.jthogan.com)

- **Education, resources**
  - American Foundation for Suicide Prevention
    - [www.afsp.org](http://www.afsp.org)
  - Suicide Prevention Resource Center
    - [www.sprc.org](http://www.sprc.org)

- **Great websites for college students**
  - [www.ulifeline.com](http://www.ulifeline.com)
  - [www.halfofus.com](http://www.halfofus.com)
There is a workshop available on campus about how to intervene if you think someone is thinking about suicide. This training is available to any interested student, staff, or faculty group at no charge. Go to the P&W website at www.fgcu.edu/wellness, select the “Request a Program” button on the homepage, and then request the “Eagles Aware” program using the appropriate program request form.