

SUICIDE

Suicide is the act of intentionally causing one's own death. A person dies by suicide every 18 minutes in the U.S. and someone attempts suicide every 78 seconds. Most of us either have someone close to us or know of someone who has committed suicide. Here are some tips about dealing with suicide.

Warning Signs:

A suicidal person may:

- Be talking about suicide, death, and/or no reason to live.
- Be talking about things related to death and dying.
- Withdraw from friends or social activities.
- Give away prized possessions.
- Have drastic changes in behavior.
- Express a sense of hopelessness.
- Have attempted suicide before.
- Lose interest in hobbies, work, school, etc.

****The signs are not limited to these listed above only and may include other behaviors.****

Ways to be helpful:

- Be aware & learn the warning signs.
- Get involved & become available for that person.
- Be direct. Ask if they are thinking about suicide.
- Be willing to listen & be non-judgmental.
- Don't ask "why" or give advice.
- Offer empathy. Put yourself in their shoes and share their feelings.
- Don't be sworn to secrecy. Take action by seeking support & help.

Resources:

- Counseling Center (next to campus safety) or 562-907-4239
- Campus Safety: 562-907-4211 (24/7)
- Health Center: 562-907-4400
- 24 hour hotline: 1-800-SUICIDE
- Suicide Prevention Center: 877-727-4747
- 911
- Speak with your RA, AC, professor, member of student life, family member or friend