

# Warning Signs

**The first step is knowing what to look for.**

**Here are some warning signs that someone might be contemplating suicide:**

- Disturbed sleep patterns
- Anxiety, agitation
- Extremely self-hating thoughts
- Feeling like they don't belong
- Personal hopelessness
- Irritability and rage
- Feeling trapped
- Feeling that they are a burden to others
- Loss of interest in favorite activities; "Nothing matters"
- Experiencing unbearable pain
- Preparing for suicide



# Student Success

The Student Success Center offers a wide range of support services that help students achieve academic and personal success. The services provided are designed to assist students in meeting their educational, personal, and career goals and to help them matriculate through college, succeed academically, connect to available resources, graduate, and become independent, lifelong learners.

## Counseling Services

College can be an exciting and challenging time for students. The mission of the Counseling Services is to provide high quality mental health services and programs that foster the academic development, personal development, and psychological well-being of ASU-Beebe's diverse student body.

From outreach and prevention to crisis intervention, Counseling Services is dedicated to supporting and empowering you to maximize your college experience and realize your fullest potential. All services are free and confidential.

**501-882-4434**

**[counseling@asub.edu](mailto:counseling@asub.edu)**



# HOW YOU CAN HELP PREVENT SUICIDE



**Take a minute, change a life.**

[www.ASUB.edu](http://www.ASUB.edu) | [#MoreThanTheClassroom](https://www.instagram.com/MoreThanTheClassroom)

# What to Do:

- 1. Let them know you are concerned**
  - a. Tell them you are concerned and that you are there to help.
  - b. Listen and stay engaged.
- 2. Ask if they are thinking about suicide**
  - a. Talking about suicide will not make them take action.
  - b. Asking shows that you care and allows them to talk about their feelings.
  - c. Identify if whether or not they are currently thinking about suicide.
  - d. Be direct and ask:
    - i. How are you coping with what's been going on in your life?
    - ii. Have you thought about suicide?
    - iii. Have you thought about how you would do it?
- 3. Keep them safe**
  - a. Stay with them until they are safe.
- 4. Take action to get help now**
  - a. Tell them there are other options than suicide.
  - b. Don't assume they will get better or that they will seek help on their own.
- 5. Help them connect with professional help**
  - a. Make an appointment with a counselor in the Student Success Center. Offer to take them.
  - b. If they are in immediate danger, call 911 or take them to an emergency room at the nearest hospital.
  - c. Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).
  - d. Stay connected with them.

# Helpful Resources

## National Suicide Prevention Lifeline

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)  
Contact them anytime if you're worried about someone. They will help you or the suicidal person. (Call or Chat Online)

## Crisis Text Line

Text CONNECT to 741741

## Trevor Project

[www.thetrevorproject.org](http://www.thetrevorproject.org) (LGBTQ)

## Veterans Crisis Line

[www.veteranscrisisline.net](http://www.veteranscrisisline.net)  
1-800-273 TALK (8255) PRESS 1

## Helpful Apps

- My3 Safety Plan (Android, iOS)
- Stay Alive (Android, iOS)
- Jason Foundation: A Friend Asks (Android, iOS)
- Suicide Prevention App (iOS)
- ASK & Prevent Suicide (Android, iOS)
- Suicide Crisis Support (Android)
- Operation Reach Out (iOS) (Veterans & Military Families)
- Virtual Hope Box (Android, iOS)

# Do's and Don'ts of Suicide Prevention

**When you are assisting someone you feel may be suicidal, there are certain things you should do & certain things you should not do.**

## Do:

- Be aware.
- Learn the warning signs.
- Get involved.
- Make yourself available.
- Show interest and support.
- Be direct.
- Ask if she or he is thinking about suicide.
- Be willing to listen.
- Allow expressions of feelings. Accept the feelings.
- Be non-judgmental.
- Don't debate whether suicide is right or wrong, or feelings are good or bad.
- Offer empathy, not sympathy.
- Offer hope that alternatives are available and help them take action.

## Don't:

- Don't ask why. This encourages defensiveness.
- Don't act shocked. This will put distance between you.
- Don't lecture on the value of life.
- Don't dare him or her to do it.
- Don't be sworn to secrecy. Seek support.