

SUICIDE PREVENTION



STUDENT SUCCESS CENTER

MAY 2021



Suicide: A Reality for Many College Students

Suicide. It is a choice where one decision to commit the act is one too many—there is no return. The hurt, pain, anger and confusion is the beginning for the loved ones to face. Grief itself is a lifelong process. However, when suicide is the cause of death, it presents its own unique sting to the hearts left behind to mourn the loss of life.

For college students, suicide is a constant topic. They are trying to manage grades, their social lives, relationships, family, and employment. All these responsibilities weigh heavy on the mind and body of a college student. The pressure seems to be automatic if the parents are paying for their education. Of course, if a student wants to keep academic or athletic scholarships, there is pressure to maintain a certain GPA as well. Even if a student is paying for their own schooling, they have pressure of being left behind or failing.



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The reasons stated above could be potential causes for a student to contemplate or commit suicide.

According to an article by Governor's State University, other risk factors for suicide are:

- Depression and other mental disorders, or a substance-abuse disorder
- Stressful life events, in combination with other risk factors such as depression
- A prior suicide attempt
- Family history of mental disorder, substance abuse, or suicide
- A history of family violence or abuse
- Access to a firearm or other lethal means such as medications

Keep in mind when depression or stressful life events happen without being processed in a healthy manner, suicide could become an issue.

To you, the students at ASU-Beebe, we care deeply about your well-being. We want you to be successful and safe. We want you to carry that grit and tenacity to overcome any obstacles in life after your time with us. Many students do not realize how much stress or trauma is in their lives until they attend college. Often times it is not school that brings stress; rather, school triggers those unresolved issues because they never learned how to cope and never processed those events.

Please, never give up on yourself!

In the event you or a loved one may find themselves in a situation where help is needed, please call the National Suicide Prevention Hotline at 1-800-273-8255.



Suicide the Leading Cause of Violent Death in Arkansas

Press Release by the Arkansas Department of Health

September 27, 2019

Little Rock, Ark. – In 2018, 547 people died by suicide in Arkansas, making it the leading cause of violent death that year. The Arkansas Department of Health (ADH) and partners want Arkansans to know there is help and hope.

Earlier this month, the ADH and the Arkansas Department of Veterans Affairs came together for a Suicide Prevention Awareness Month event at the State Capitol to discuss the state's efforts to reduce the number of suicide-related deaths.

Dr. Nate Smith, Secretary of Health, spoke in detail about the public health impact of suicide, including steps the ADH is taking to combat the high rate of suicides in the state. These steps include training community leaders and educators about how to help prevent suicides and running campaigns such as "Let's Talk About It," which promotes the National Suicide Prevention Lifeline.

"Where there's help, there's hope," said Dr. Smith. "The Arkansas Department of Health is committed to providing help to Arkansans in the midst of crisis when they need it the most through training community leaders, education, and the Arkansas Lifeline Call Center."

Over 1,000 Arkansans call the Arkansas Lifeline Call Center each month. The call center, mandated by Act 811 of 2017 and opened in December 2017, answers calls to the national line made in Arkansas. It is housed by ADH. On average, forty-six Arkansans per month lose their battles with mental illness. Veterans are particularly vulnerable. "The VA stats are: an average of 20 Veterans die by suicide each day. About six of the 20 are recent users of Veterans Health Administration services. On average, there are 93 suicides among the general U.S. non-veteran adult population per day," Secretary of Arkansas Department of Veterans Affairs Nate Todd said. "This is our challenge. We all need to watch over each other. All veterans, non-veterans and their friends and family can become partners in this fight to reduce suicide and veteran suicide in our country."

An important component for the suicide prevention program is improving continuity of care and follow-up for individuals identified at-risk. The suicide prevention program is implementing integrated networks of care for communities to ensure that follow-up care and evidence-based treatments are effectively in place.

"No one organization can tackle suicide prevention alone. To save lives, multiple systems must work in a coordinated way to reach those in suicidal crisis where they are; the state needs partners and like-minded groups across all service sectors to help reduce the number of suicides," said Dr. Smith.



STOP

SUICIDE

SUICIDE PREVENTION

ASU-Beebe Counseling
501-882-4434



**2nd
Highest Cause of
Death in College
Students**

**1 in 5 suicides occur
immediately
after a stressful
event**

**Over 50% of
Students
Have
Considered
Suicide**

**1,100
Students
Commit
Suicide Each
Year**

**More Than
24,000
Students
Attempt
Suicide Each
Year**

**Help is
available!
Speak with
someone
today!**

800-273-8255

**10% of
Students
Seriously
Consider
Suicide**

**Females
Attempt
Suicide More,
But Males Are
More Likely To
Complete It.**



Warning Signs of Suicide

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



Helpful Resources



National Suicide Prevention Lifeline

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 (LGBTQ)

Veterans Crisis Line

www.veteranscrisisline.net

1-800-273 TALK (8255) PRESS 1

Mobile 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.

**Care deeply
about helping people.**



Arkansas's Suicide Rate up 41% Since 2000; Risks Exacerbated by Pandemic

October 6, 2020

Elizabeth Montgomery, MPA

Arkansas's suicide death rate increased by an alarming 41% between 2000 and 2018, according to a new analysis of vital statistics data. The increase is especially concerning because risk factors for suicide are being further exacerbated by the ongoing COVID-19 pandemic.

The State Health Access Data Assistance Center (SHADAC) reported in a data brief that Arkansas's suicide death rate rose from 13 deaths per 100,000 people in 2000 to 18.3 deaths per 100,000 people in 2018. In 2018, Arkansas had the 20th highest suicide rate in the nation and was one of 29 states with suicide death rates significantly higher than the national rate of 14.2 deaths per 100,000 people.

The 41% increase in Arkansas's suicide death rate exceeded the national increase of 37%. The national rate increased from 10.4 deaths per 100,000 people in 2000 to 14.2 deaths per 100,000 people in 2018, SHADAC reported in a separate brief. That increase represents about 110,000 more lives lost to suicide than if the rate had remained steady.

Additional findings in the briefs include:

- U.S. adults ages 55–64 had the highest suicide death rate in 2018 at 20.2 deaths per 100,000 people.
- Despite having the lowest suicide death rate among all age groups in 2018, U.S. children ages 10–14 had a disturbing increase — 95% — in the number of suicides between 2000 and 2018.
- Suicide death rates were significantly higher than the national rate among American Indians and Alaska natives (22.1 per 100,000 people) and whites (18 per 100,000 people) nationwide in 2018.
- U.S. suicide death rates were highest in non-metropolitan/rural areas in 2018, with 19.4 deaths per 100,000 people compared to 12.1 deaths per 100,000 people in large metropolitan areas.

Social isolation, defined as a lack of social connections, is associated with a number of health risks including increased dementia risk, higher rates of mental health conditions like depression and anxiety, higher rates of suicide, and significantly increased risk of premature death from all causes. In 2018, a national survey conducted by AARP found that 35% of adults age 45 and older experience loneliness. Additionally, there is evidence that the increasing presence of social media and other virtual connection platforms may actually increase loneliness, a phenomenon known as the “loneliness paradox.”

Social isolation and loneliness, already a public health concern prior to the COVID-19 pandemic, have been exacerbated by virus mitigation efforts that require physical distance between people, including stay-at-home orders, quarantine, and social distancing. Those at enhanced risk of social isolation include the 28% of Americans who live alone, older adults in nursing homes and other congregate settings, people living in rural areas, and people who have low incomes or are living in poverty.

While addressing social isolation and loneliness requires policies that address social needs, individuals can do their part by checking in on friends, relatives, and neighbors (particularly older adults at higher risk) as the pandemic continues. If you or someone you know is in crisis, call the National Suicide Prevention Hotline at (800) 273-8255.



Facts about Suicide and Ways to Prevent It and To Reach Out!

Suicide affects us all. We all know someone or of someone who decided that life was too much to handle and took this route.

According to a study by Amherst College, suicide is the second leading cause of death among college students. Suicide, however, is very preventable. One must be willing to care for others and be observant of warning signs.

Some of those signs could be, but are not limited to the following:

- Threatening to hurt or kill themselves
- Looking for ways to kill themselves: seeking access to pills, weapons, or other lethal means
- Talking or writing about death, dying, or suicide
- Hopelessness
- Rage, anger, revenge
- Acting reckless or engaging in risky activities, seemingly without thinking
- Feeling trapped, like there's no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family and/or society
- Anxiety, agitation, inability to sleep, or sleeping all the time
- Dramatic mood changes
- Lacking sense of purpose in life and reason for living

Verbal indications of hopelessness and suicidal ideation include statements such as:

- "I can't go on any longer."
- "I hate this life." or "I hate my life."
- "I'm so tired of it all."
- "Everyone would be better off without me."
- "Life is not worth living."
- "Nothing matters anymore."
- "I want to die." or "I wish I were dead."
- Saying goodbye
- Any mention of suicide

If you see any of these signs, the best thing to do is be very direct. Ask the student if they are thinking about committing suicide and if they have a plan. The person needs to see that people care about them and to take life seriously.

In college, it is common to experience feelings of hopelessness. Alcohol and parties are also normal in college. However, if the partying becomes too much, it might be time to have an intervention with your colleague and friend.

When words are spoken in passing, it is so easy to play it off. Should someone say, "I wish I were dead," that should be taken seriously. Too often, we let phrases like this go and then we hear of that student taking their life.

Reach out to campus security, staff, faculty, or campus counselors if you know of a friend who is in need. You can call the National Suicide Prevention Hotline at 1-800-273-8255, but whatever you do—do not ignore the signs!

What to do if Someone is Talking or Thinking about Suicide

Let them know you are concerned

- Tell them you are concerned and that you are there to help
- Listen and stay engaged

Ask if they are thinking about suicide

- Talking about suicide will not make them take action
- Asking shows that you care and allows them to talk about their feelings. Identify if whether or not they are currently thinking about suicide.

Be direct and ask

- How are you coping with what's been going on in your life?
- Have you thought about suicide?
- Have you thought about how you would do it?
- Keep them safe
- Stay with them until they are safe

Take action to get help now

- Tell them there are other options than suicide
- Don't assume they will get better or that they will seek help on their own

Help them connect with professional help

- Make an appointment with a counselor in the Student Success Center. Offer to take them.
- If they are in immediate danger, call 911 or take them to an emergency room at the nearest hospital.
- Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).
- Stay connected with them.



Student Success Center

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

501-882-4434

counseling@asub.edu

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.