

Help Someone You Care About

Did you know that suicide is the 2nd leading cause of death among college students? A substantial number of students who attempt suicide are depressed. Yet, depression and other causes for suicide typically are quite treatable. We propose that suicide is a permanent solution to a temporary problem. Below are some steps you can take to reduce the risk for those you know and care about.

Know the Warning Signs

- Talking or writing about suicide
- Talking about hating life or wanting to end it all
- Expressing hopelessness
- Taking unnecessary and life threatening risks
- Giving away personal possessions
- Withdrawing from friends or activities
- Significant increase in alcohol use
- Persistent depression

How to Help a Suicidal Friend

- Honestly express your concerns: "I've noticed that you seem down lately."
- Be direct. For instance, ask if they've thought about harming themselves.
- Listen and offer support and understanding. Avoid lecturing & judgment.
- Don't keep it a secret. Talk to others whom you trust.
- Let them know that help is available.
- Remind them that problems are usually temporary, yet suicide is forever.
- Find help to remove their stated means for hurting themselves, e.g., pills, knives.
- Seek help from your RA or other campus helpers and professionals.

Know the Campus Resources

- Counseling and Testing Center 346-3227 (M - F 8 – 5)
- Public Safety Emergency 346-6666
- UO Crisis Line 346-4488 (24 hour)
- University Health Center 346-2770
- Office of Student Life 346-3216
- White Bird Clinic Crisis Line 687-4000 (when UO is on break)

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