

SEPTEMBER IS **SUICIDE** **PREVENTION** AWARENESS MONTH

Suicide is a leading cause of death among college and university students in the United States.

Approximately 6% of students have considered suicide.

NDSCS COUNSELING
SERVICES

What places students at higher risk for suicide?

- Depressive disorders
- Substance use
- Hopelessness
- Loneliness
- Previous suicide attempts
- Poor problem solving skills
- Recent losses

What helps protect students against suicide?

- Emotional well being
- Positive beliefs about the future
- Desire to finish school
- Feeling of having control of one's world
- Spiritual beliefs
- Physical activity
- Support from friends and family
- Being connected with the college community
- Access to mental health care

What should I do if I think someone is suicidal?

- Stay with the person
- Call Campus Police 701-671-2233 (Wahpeton) or 911 (Fargo)
- Contact NDSCS Counseling Services 701-671-2286
- Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)

Personal counseling is available to students at both NDSCS-Fargo and Wahpeton. Students can address a variety of concerns to include, but not limited to: depression, anxiety, adjustment to change and relationships.

WAHPETON: 701-671-2286

FARGO: 701-231-6940

For more information about suicide prevention visit [NDSCS.edu/Strong](https://www.ndscs.edu/Strong).

NDSCS
STRONG

Information adapted with permission from the Suicide Prevention Resource Center. www.sprc.org