SEPTEMBER IS SUICIDE PREVENTION AWARENESS MONTH

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)

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

Approximately 6% of students have considered suicide.

For more information about suicide prevention visit NDSCS.edu/Strong.

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