

Suicide and College Students

- Suicide is the second leading cause of death among college students, and almost 1,100 suicides are projected to occur on campuses this year.
- Over half of college students reported some form of suicidal thinking in their lives.
- 1 in 12 college students reported having a suicide plan in the prior year.
- 8% of undergraduates and 5% of graduate students reported having attempted suicide at least once during their lives.
- 40% of students reported knowing someone who attempted suicide, 28% have known someone who committed suicide.
- Reported reasons for students feeling suicidal included depression, trouble with relationships, stress, hopelessness, family problems, anxiety, and social isolation.



When you need help

Call if the person is intent on harming themselves.

911

Suicide Prevention Hotline

800.273.8255

Public Safety

573.248.6268

Men's on call phone

573.231.8036

Women's on call phone

573.231.8037

Campus Life and Spiritual Formation

573.629.3260

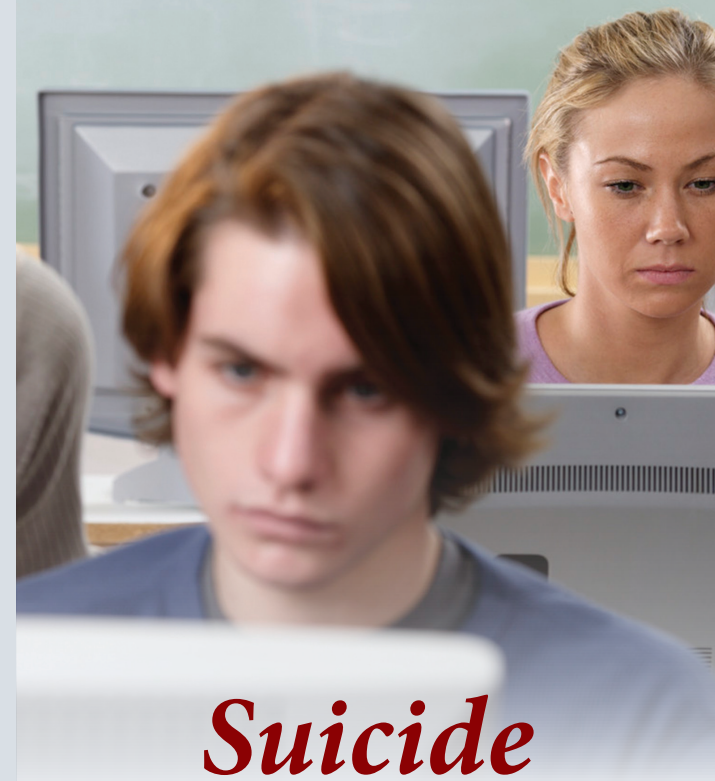
Information on suicide prevention and counseling

<http://www.asklistenrefer.org>



Hannibal-LaGrange
UNIVERSITY

2800 Palmyra Road | Hannibal, MO 63401
www.hlg.edu | 800.HLG.1119



Suicide Prevention



Department of Public Safety

L.A. Foster Student Center
573.629.3012

Scope of the Problem

Did you know that suicide is the 10th leading cause of death among Americans? Suicide deaths are only part of the problem; suicide attempts impact a larger population. More individuals survive suicide attempts than die. People who have attempted suicide are often seriously injured and require intensive medical care.

Suicide Deaths in the United States

There are far more suicides each year than homicides. In fact, from 2008 - 2010, the number of suicides has been more than twice that of homicides.

Suicide Attempts in the United States

There are an estimated 12 attempted suicides for every one suicide death.

Age Group Differences

Suicide is the second leading cause of death among 25- to 34-year olds and the third leading cause of death among 15- to 24-year olds.

Gender Disparities

Men die by suicide four times as often as women and represent 78.8% of all U.S. suicides. Women attempt suicide two to three times as often as men. Firearms are the most commonly used method of suicide among males, while poisoning is the most common method of suicide for females.

Racial and Ethnic Disparities

The highest suicide rates are among American Indian/Alaskan natives and Non-Hispanic whites. Asian/Pacific Islanders have the lowest suicide rates among males while African Americans have the lowest suicide rate among females.

Know the Warning Signs:

- Threatening to hurt or kill him/herself
- Looking for way to kill his/herself
- Talking or writing about death, dying or suicide
- Hopelessness
- Rage, anger or seeking revenge
- Acting recklessly or engaging in risky behavior
- Feeling trapped like there is no way out
- Increased alcohol or drug use
- Withdrawn from friends, family or society
- Anxious, agitation, unable to sleep or sleeping all the time
- Dramatic changes in mood
- No reason to live, no sense of purpose in life



Response

What to do when you suspect a student is suicidal:

Develop a relationship with them or strengthen your current relationship by being available to listen and talk. Show and say that you care about them.

Ask directly about suicide. You will not be “putting thoughts into the person’s head” or causing them distress — in fact, it’s the best thing you can do.

Don’t act shocked or scared and don’t argue about morality of suicide.

Ask the following questions to assess their seriousness:

- Are you thinking about hurting yourself or committing suicide?
- When would you do it?
- What would you do?
- How available is this method to you?
- Who can you turn to for help?
- When are your family members home?

If you’ve determined that the situation is serious enough that they have a plan and the means do not leave the student alone unless you feel physically threatened. **Call Suicide Hotline, Public Safety, or 911.**

Encourage the student to seek professional guidance. If they refuse help, contact someone in authority immediately. An angry friend is better than a dead one. Maintain contact with the student until help is secured.

