The University Counseling Center is committed to the promotion and celebration of diversity in all of its forms. Our multicultural staff seeks to provide a safe, welcoming, and affirming environment for all students seeking our services. We provide individual, group, and couples counseling, outreach programs, and peer programs.

**EMERGENCY RESOURCES**
- University Police Dept. or Local Police: 911
- CDPC Crisis Unit: 518-447-9650

**CAMPUS RESOURCES**
- University Counseling Center: 518-442-5800
albany.edu/counseling_center
- Disability Resource Center: 518-442-5490
albany.edu/disability
- Gender and Sexuality Resource Center: 518-442-5015
albany.edu/lgbt/center
- International Student & Scholar Services: 518-591-8189
albany.edu/iss
- Multicultural Student Success: 518-442-5566
albany.edu/multicultural
- The Interfaith Center: 518-489-8573
albanychapelhouse.org
- UAlbany Veterans Affairs: albany.edu/veterans

**PEER ASSISTANCE: Students Helping Students**
- Middle Earth Hotline: 518-442-5777

**LOCAL AND NATIONAL RESOURCES**
- National Suicide Prevention Lifeline
  - English: 800-273-TALK (8255)
  - Spanish: 888-628-9454
- Hearing & Speech Impaired with TTY Equipment: 800-799-4TTY (4889)
suicidepreventionlifeline.org
- Share Ourselves, Stories that Heal
  - storiesthatheal.samhsa.gov
- ULifeline
  - ulifeline.org
- National Organization For People of Color Against Suicide
  - nopcas.org
- In Our Own Voices: 518-432-4188
  - Serving LGBT People of Color in the Capital Region
  - inourownvoices.org

This brochure was developed in part under grant #SM058467-02, SAMHSA, U.S. Department of Health and Human Services. The University Counseling Center is solely responsible for the content of this brochure.
Did you know?

The opportunity to discuss concerns and challenges as well as share positive experiences can help students feel less alone. Individual counseling can help Black and African American students:

- Enhance coping skills and develop new strategies to be successful in school
- Improve relationships with fellow students, faculty, friends, and family
- Increase awareness of personal strengths and resources
- Cope with discrimination and other barriers

The University at Albany Counseling Center provides individual counseling and consultation, free of charge (as part of your student health fee) to students within our diverse campus community. Services are confidential; student visits and conversations do not become part of the academic record.

If you are interested or have any questions, please call the University Counseling Center at 518-442-5800, or email us at consultation@albany.edu

Please visit our website at: albany.edu/counseling_center or find us on Facebook

“I think that being able to talk about it is so liberating. Hiding sadness makes you more and more sad because it closes you off... It closes you off from your healing. Giving voice to what you are feeling is part of the healing...”

Risk Factors

There are a number of factors that may put students at higher risk for suicide. These include:

- **History of self-harm**
  Including prior suicide attempts and self-injury (e.g. cutting)

- **Depression**
  Low mood, sadness, especially if it includes severe self-criticism or a sense of failure

- **Hopelessness/helplessness**
  Giving up on oneself, on others, on life in general, or the strong sense that life is pointless

- **A recent loss**
  Such as the death of a loved one, the ending of a friendship or romantic relationship, or the loss of an important goal

- **Reckless or impulsive behaviors**
  Including alcohol and other substance abuse, risky sex, or spending money excessively

- **Extreme agitation, anxiety, or restlessness**

- **Mental confusion**
  Especially if this includes hearing voices saying you should harm yourself

- The suicide rate for African American college-aged men has more than doubled in recent years
- Suicide is the third leading cause of death among African American youth

Helping a Friend

You can be most helpful by linking the distressed person with professionals who can evaluate and treat suicidal thoughts and behaviors.

Often people may not know the resources available to them, or they may feel uncomfortable reaching out to access services. You can help a friend by suggesting resources (like coming to the University Counseling Center), and you could even offer to go with them to an initial appointment. If your friend does not want to access any services and you are still worried about them, you can seek support and advice by contacting the counseling center yourself.

When to seek immediate assistance

Seek immediate assistance if you or someone else:

- Has caused serious injury to themselves regardless of stated intent (e.g. pill overdose, alcohol poisoning, serious self-harm).
- Threatens or talks about wanting to commit suicide, either verbally or in writing or has somehow made it known that they want or intend to commit suicide (e.g. through email, Facebook, letters, or giving away prized belongings).
- Is making plans or seeking the means to commit suicide (e.g. obtaining weapons, pills, etc.)