Anyone could be struggling with suicide.

It’s important to know the warning signs, how to talk about it, and how to get help.

Something to look out for when concerned that a person may be suicidal is a change in behavior or the presence of entirely new behaviors. This is of sharpest concern if the new or changed behavior is related to a painful event, loss, or change. Most people who take their lives exhibit one or more warning signs, either through what they say or what they do.

Suicide Warning Signs

If a person talks about:
• Killing themselves
• Feeling hopeless
• Having no reason to live

Behaviors that may signal risk:
• Increased use of alcohol or drugs
• Looking for a way to end their lives (eg. searching online for methods)
• Withdrawing from activities
• Isolating from family and friends
• Sleeping too much or too little
• Visiting or calling people to say goodbye
• Giving away prized possessions
• Aggression
• Fatigue

One or more of the following moods:
• Depression
• Anxiety
• Loss of interest
• Irritability
• Humiliation/Shame

• Being a burden to others
• Feeling trapped
• Unbearable pain

REFERENCE: This information has been adapted from the American Foundation for Suicide Prevention @ AFSP.org
How to talk to someone who may be struggling with their mental health

**Have an honest conversation.**

1. Talk to them in private
2. Listen to their story
3. Tell them you care about them
4. Ask directly if they are thinking about suicide
5. Encourage them to seek treatment
6. Avoid debating the value of life, minimizing their problems or giving advice

**If a person says they are considering suicide:**

- Take the person seriously
- Stay with them (eg. in person, on the phone)
- Help them remove lethal means
- Call the National Suicide Prevention Lifeline @ 1-800-273-8255
- Text TALK to 741741 to text with a trained crisis counselor from the Crisis Text Line for free, 24/7
- Escort them to mental health services of an emergency room
- **If it is an emergency call:**
  - On campus: UPD @ 1-518-442-3131 | Off campus: 911

**Getting Help: Connecting to National Resources**

If you are having thoughts of suicide, reaching out is the first step to safety. Click on the links or call the numbers below to be taken to dedicated crisis services.

**National Suicide Prevention Lifeline**
1(800)273-TALK (8255)

**Veterans Crisis Line**
1(800)273-8255, Press 1

**Crisis Text Line**
Text HOME to 741741

**What happens when you call the Lifeline:**

- You’ll hear an automated message featuring additional options while your call is routed to your local Lifeline network crisis center.
- You’ll hear a little music while you’re be connected to a skilled, trained crisis worker.
- A trained crisis worker at your local center will answer the phone.
- This person will listen to you, understand how your problem is affecting you, provide support, and get you the help you need.

**Lifeline Center calls are free and confidential, and they are available 24/7**