

Suicide Prevention

What You Can Do!



MYTHS ABOUT SUICIDE

- People who commit suicide are crazy
- Good circumstances prevent suicide
- People who talk about suicide will not commit suicide
- People who
 - threaten suicide
 - cut their wrists
 - or do not succeed at other attemptsare not really at risk for suicide



MYTHS ABOUT SUICIDE CONT'D

- Talking about suicide with people who are upset will put the idea of suicide in their heads
- People who are deeply depressed do not have the energy to commit suicide
- People often commit suicide without warning



WHAT DO I LOOK FOR?

- A preoccupation with death
- Withdrawal from friends/family or other major behavioral changes
- Seeing oneself differently
 - ugly, for example
 - putting oneself down
- Difficulty concentrating
- Noticeable changes in eating or sleeping patterns



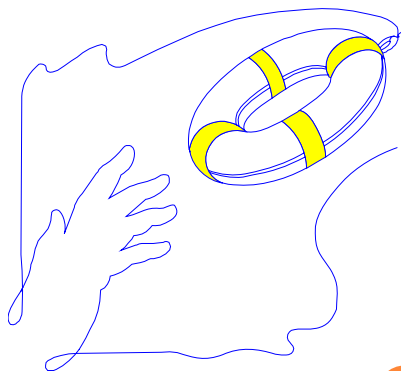
WHAT DO I LOOK FOR? CONT'D

- Putting ones life in order
- Sudden & extreme weight loss or gain
- Personality changes
- Use of drugs or alcohol
- Recent suicide of friend or relative
- Previous suicide attempt
- Unexplained loss of energy
- Excessive risk-taking



WHAT DO I DO?

- Take threats seriously
- Answer cries for help
- Confront the problem
- Be direct
- Be a good listener -- and a good friend
- Tell them you care
- Get professional help



WHAT DON'T I DO?

- Don't Panic . . . Stay Calm
- Don't leave them alone
- Don't assume they're not "the type"
- Don't debate the morality of it or how it might make others feel
- Don't keep a deadly secret



WHO DO I CONTACT?

- UT Dallas Police at 911 or 972-883-2331
- Counseling Center
- Dean of Students



WE CARE BY SHOWING . . .

Compassion

Affirmation

Responsibility

Encouragement

