

Suicidal Warning Signs

The vast majority of individuals who are suicidal often display clues and give direct verbal warnings. In fact, 80% give direct verbal warnings.

- Talks about suicide, death, and/or no reason to live
- Preoccupation with death and dying
- Withdrawal from friends and/or social activities
- Have a recent severe loss (esp. a relationship) or threat of a significant loss
- Experience drastic changes in behavior
- Lose interest in hobbies, work, school, etc.
- Prepares for death by making out a will (unexpectedly) and final arrangements
- Gives away possessions
- Have attempted suicide before
- Take unnecessary risks: are reckless, and/or impulsive
- Lose interest in their personal appearance
- Increase (or begin) their use of alcohol or drugs
- Express a sense of hopelessness/despair
- Faced with a situation of humiliation or failure
- Have a history of violence or hostility
- Have been unwilling to “connect” with potential helpers
- Mood shifts

Role of Counseling & Testing

- Provides unlimited individual, couple, family, and group counseling sessions to students, faculty, and staff of UL free of charge
- Located in Olivier Hall Room 212: directly on top of Parking & Transit
- Counselor-on-call 24/7; can be contacted through the University Police

When to utilize the counselor-on-call:

- Is there threat to the person’s safety?
- Is there threat to other’s safety?
- Is the situation a matter of life and death?
- Can the person agree to “live” until tomorrow morning and then go to C&T?
- If in doubt: call.....

Remember ACT

- **A = Acknowledge** the person has a problem and needs help
- **C = Let the person know that you care**
- **T = Treatment:** get the person treatment