

**COUNSELING &
CAREER SERVICES
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HOTLINES

National Suicide Prevention Lifeline
Dial 988

The Trevor Project
1-866-488-7386

The Steve Fund
Text STEVE to 741741 for a culturally
trained crisis counselor

Veterans Crisis Line
1-800-273-8255 press 1

NSU After Hours Crisis Counseling
1-318-357-5431

RESOURCES

Half of Us

<http://www.halfofus.com/find-help-now/>

**Make the Connection
(student veterans)**

<https://maketheconnection.net/events/students-higher-education>

ULifeline

<http://www.ulifeline.org/>

**Suicide Prevention Resource
Center**

<http://www.sprc.org>

The Steve Fund

<https://www.stevelfund.org>

**COUNSELING & CAREER
SERVICES**

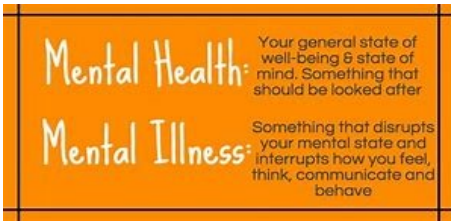
Room 305 Student Union Bldg.
(318) 357-5621

<http://ccs.nsula.edu/>

After hours Crisis Call
(318) 357-5431

**SUICIDE
PREVENTION**





Suicidal thoughts are not uncommon among college students.

Suicide is the second leading cause of death among college students and both suicide ideation and suicide attempts are on the rise.

Undiagnosed and untreated mental disorders (depression, bipolar disorder, anxiety disorders, schizophrenia) are the root cause for much of the suffering, despair and hopelessness that are the contributing factors leading to suicidal thoughts and behaviors.

Fortunately today's college students are more likely to talk about their mental health than their parents and grandparents. The number of students seeking mental health counseling is on the rise and that is encouraging.

Some reasons why people consider suicide:

- They may want relief from painful circumstances that they feel helpless to control.
- They may feel they have to do something huge in order to be taken seriously.
- They may feel no hope that things will change, that nobody can understand.
- They may want desperately to control the loss of a relationship.
- They may not recognize any options or that this crisis will end in time.

Their situation may be that they have:

- Lost a significant relationship, confused and scared about how they will carry on.
- Been rejected by someone they really want to be in their life.
- Had a real blow to their self esteem.
- Believe that they're bad and want to punish their self.
- Strong reactions to change in the family, in where they live, in status.
- Lost a friend or family member through illness, accident, or suicide.
- Feelings of worthlessness, alienation, loneliness, homesickness, anger.
- Confusing thoughts which interfere with life, with sleep, with school.

12 things that You can remember and do that will help if you are feeling suicidal:

- Contact one of the crisis resources listed in this brochure.
- Be with people whom you enjoy and uplift you; avoid “downer” people.
- Reach out to the safest person you can find—an RA, family member, minister, or professor. Let the person know what you are feeling and that you need to talk.
- Be sure to get plenty of rest . Take warm showers/baths . If noise bothers you, get soft ear plugs do deep muscle relaxation.
- Start writing down your thoughts and feelings in a private journal.

- Avoid dangerous situations. (ALCOHOL is very dangerous because it depresses your controls and messes up your judgment; mixing alcohol and pills can permanently damage your brain, liver, nervous system).
- Think of: a time you felt really good about you; a success; a time you helped someone else; how you've been down before and gotten up again.
- Give yourself comfort: baths/showers, a good book, music with positive associations. Say to yourself, "I deserve this".
- Accept attention, support, praise and rewards--- you may be pushing people and good things away; do a nice thing for someone in need.
- Try to solve problems and "take care of business" from day to day so your worries don't mount up any higher than they are now; this will also give you a feeling that you are more in control of your life.
- **Write this note & keep it with you:** My suicidal crisis is **temporary**. Unbearable pain can be **survived**. **Help is available**. I am **not alone**.
- What have you tried that has been helpful? Add it to this list and continue do it.

