

SUICIDE STATISTICS/FACTS

POSITIVE

- Suicide is preventable.
- Cognitive Behavioral Therapy, offered through the counseling center, reduces suicide by 50%.

NEGATIVE

- Approximately one million people die by suicide each year in the world.
- On average, six blood relatives are affected by a suicide death.

SOURCES

Question, Persuade, Refer (QPR) Materials available on campus

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

<http://www.youmatter.suicidepreventionlifeline.org/>



WELLNESS FOR LIFE

SUICIDE IN TEENS AND COLLEGE STUDENTS



ABOUT US

Donnelly College Counseling Center specializes in offering professional counseling services to Donnelly College students. The Center is staffed by mental health care professionals such as Licensed Professional Counselors, Licensed Clinical Social Workers and mental health counseling graduate students under direct clinical supervision.

CONTACT US

The Counseling Center is located on the 7th floor of the main building in room 710.

FALL/SPRING HOURS

Monday – Friday
8:30 a.m. – 4:30 p.m.

SUMMER HOURS

Monday – Thursday
8:00 a.m. – 5:00 p.m.

APPOINTMENTS

If you wish to make an appointment, call 913-621-8781 or email counseling@donnelly.edu.

VISIT OUR WEBSITE FOR:

Information about our services, links to helpful resources and information, anonymous online mental health screenings and more.

www.donnelly.edu/counseling



DONNELLY COLLEGE

608 N. 18th St. Kansas City, KS 66102 | donnelly.edu | 913.621.8700

The College is accredited by The Higher Learning Commission and a member of the North Central Association, 230 South LaSalle St., Suite 7-500, Chicago, IL 60604-1411; (800) 621-7440; www.ncahlc.org. Donnelly College maintains an open and welcoming environment, and does not discriminate on the basis of a person's sex, race, color, creed, religion, age, national origin, ancestry or disability.

donnelly.edu/counseling

Funding for this publication provided by the Substance Abuse and Mental Health Services Administration (SAMHSA) Grant No. SM061465

WHAT IS SUICIDE?

Suicide is self-inflicted death with evidence that the individual intended to die. Suicide is often the result of hopelessness. An individual feels that ending his or her life is the only solution to problems that seem unsolvable. Suicidal thoughts are commonly a sign of depression. (See *Depression* for more information.)

WHAT ARE SIGNS THAT SOMEONE IS SUICIDAL?

Ninety percent of people who kill themselves communicate suicidal intentions to someone leading up to their suicide. The signs may be verbal, behavioral or situational. A person may communicate directly that they are thinking of ending their life. Another person may give away their possessions, stock pile pills or buy a firearm. Others may lose a job or an important relationship and consider suicide. However, you can reach someone who is feeling suicidal and prevent their death.

HOW DO I HELP SOMEONE WHO IS FEELING SUICIDAL?

One of the most important ways to help someone who is feeling suicidal is to listen. He or she may believe that suicide is the only answer. If you are concerned your friend is considering suicide, question him or her about it. After talking with your friend, persuade him or her to go with you to get help. And finally, refer your friend to get help by taking them to the Counseling Center or a faculty or staff member trained in Question, Persuade, Refer (QPR). QPR is the suicide prevention training offered each semester at Donnelly College (more information to follow).

IF I ASK ABOUT SUICIDE, WILL I PUT THE IDEA IN THEIR HEAD?

A common myth is that if you ask someone about suicide you will give them the idea to contemplate suicide. However, individuals who are struggling wish for people to reach out. By asking a friend about suicide, you are showing him or her that you care enough about them to ask a difficult question.

WHAT IF I AM FEELING SUICIDAL?

If you are having suicidal thoughts and you feel you are not able to stay safe, it is important to reach out to someone who can help you. Call a friend or family member. On campus, you can contact the Counseling Center at 913-621-8781 or open up to a teacher you trust. Help is available if you are feeling unsafe. If you are not able to reach someone and it is an emergency, call 9-1-1.

HOW DO DRUGS AND ALCOHOL IMPACT SUICIDE?

Of those who complete suicides in the U.S. and Europe, 40-60% of them are under the influence of drugs and alcohol. Substance use increases the risk of suicidal attempts. Drugs and alcohol impair thinking and reduce inhibitions.

WHAT ABOUT SELF-HARM?

When an individual hurts themselves on purpose as a way to cope with pain, they are engaging in self-harm. Examples of self-harm include burning, scratching or cutting. Not all people who self-harm consider suicide; however, they are probably experiencing some type of mental anguish or pain. If you are concerned about a friend's self-harm behavior, talk with your friend about it. Gently encourage them to talk to someone at the Counseling Center or a trusted teacher. Self-harm may be a sign of a larger problem.

WHAT ARE RESOURCES FOR SUICIDE PREVENTION?

The National Suicide Prevention Lifeline is a 24/7 hotline for individuals who are experiencing a crisis. When you call 1-800-273-TALK (8255), you are connected with a trained counselor at a crisis center in your area. You can call to discuss substance abuse, economic worries, relationship and family problems, illness, mental illness, loneliness and more. All calls are confidential and free.

Wyandotte Center is the local mental health community facility. They offer a 24-Hour Crisis Line at 913-788-4200.

HOW CAN COUNSELING HELP?

Many times individuals who are considering suicide feel that they do not have any other option to end the pain they are experiencing. Counselors can help clients establish healthy coping skills as well as talk through safety plans to make sure the person is able to stay safe. Counseling can also help you develop healthy sleep patterns and cope with loss or any other issues.

HOW CAN I LEARN MORE ABOUT SUICIDE PREVENTION?

The Counseling Center offers Question, Persuade, Refer (QPR) training for faculty, staff, and students at no cost. This one-hour training teaches individuals how to recognize suicidal risk and how to provide help to someone who is considering suicide. Training dates are offered throughout the semester, so check your Donnelly email or the Counseling Center website for the next available training date.

WHERE CAN I GET HELP?

Fortunately, most colleges and universities offer psychological services. At Donnelly College, students, staff and faculty can receive free services from the Counseling Center. If more specialized services are needed or services off-campus are desired, referrals can be made. Consultations are also available for those wanting more information about counseling services. Contact the Counseling Center for more details by calling 913-621-8781 or emailing counseling@donnelly.edu.

SUICIDE WARNING SIGNS

- RAGE**
- ISOLATION**
- SELF-HARM**
- HOPELESSNESS**
- RISKY BEHAVIOR**
- MOOD SWINGS**
- SLEEP PROBLEMS**
- FEELING TRAPPED**
- SUBSTANCE ABUSE**
- TALK ABOUT SUICIDE/DEATH**
- FEELING LIKE A
BURDEN TO
OTHERS**

