

Happy students. Healthy living.

SEPTEMBER 2021

Suicide Prevention

Life is in a constant state of flux, and as our trajectories, relationships, responsibilities, physical health, and emotional wellbeing change, so does our ability to adapt to the stresses those changes can create. Over time, students you know may begin to feel disconnected, overwhelmed, or lost in the pace of life. As those emotions deepen and become even further entrenched in their minds, they may begin to feel as if suicide is an appropriate solution to the pain, loneliness, isolation, or persistent stress that they are unable to shake.

It's critical to understand that everyone you know has the potential to engage in suicidal thoughts and behaviors. Even those who you feel are the most emotionally stable may be secretly struggling with a past trauma or experience a future trauma at some point that may trigger suicidal urges. That is why it's so very important for you to pay attention to the comments and behaviors your friends, loved ones, and peers present to you, so you can help them seek the assistance they need to recover. Remember, suicide is not the only outcome for those who struggle with suicidal urges. Students in crisis can find a pathway to recovery through having access to professional assistance and having peers and friends ready to ask, "How are you?"

WellConnect For You's trained counselors are available to help students experiencing any form of emotional duress discover the sources and symptoms of their challenges and begin to return balance back to their lives. By visiting the WellConnect For You website, you'll have access to information for contacting a counselor, the ability to schedule an appointment, and additional support resources to support positive outcomes.

If you're offline, away from a computer, or need to contact someone to provide support when suicidal thoughts or behaviors are present, help is available through the National Suicide Prevention Lifeline. The Lifeline provides free, 24/7 support at 1-800-273-8255.

Knowing the warning signs for suicide will help you know when you need to reach out and encourage someone to seek professional support. Here are some of the key behaviors to watch out for:

- Posting online or making verbal statements about wanting to take one's own life
- Researching or discussing ways to commit suicide
- Making statements about feeling lost, overwhelmed or hopeless
- Retreating from public activities and social interactions
- Mood swings, especially behaviors that are erratic, reckless or rageful
- Discussing feelings of being trapped or burdening loved ones or friends
- Expressing concerns about feeling a persistent or intolerable pain
- Noticeable or increased substance misuse
- Acquiring items, such as pills, a firearm, or other tools that can be misused

**For additional tips and resources,
contact WellConnect today.**

866-640-4777 | wellconnectforyou.com
FREE, CONFIDENTIAL & AVAILABLE 24/7

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