

Suicide is the second leading cause of death in college students.



If you or someone you know is in immediate danger because of thoughts of suicide

***Please call 911 now
(on campus 9-911)***

**There IS Hope.
Help IS Available.**



**LSSU Counseling Services:
A Resource for Students**

Hours:

Monday—Friday

8:00 a.m. to 4:30 p.m.*

*(*hours vary during holidays
and summer semesters)*

**For questions, appointments,
or requests for information:**

623 W. Easterday Ave

Call 906-635-2752

(x2752 on campus)

Visit our website:

<http://www.lssu.edu/counseling>



**EVERY 16 MINUTES
SOMEONE IN THE U.S.
DIES BY SUICIDE**

**LSSU Counseling Services:
A Resource for Students**

Having Trouble Coping? There is hope. Help is available.

SUICIDE WARNING SIGNS

- Threatening or talking about wanting to hurt or kill oneself
- Looking for ways to kill oneself by seeking access to firearms, available pills or other means.
- Talking or writing about death, dying or suicide
- Feeling hopeless
- Feeling rage or uncontrollable anger or seeking revenge
- Acting reckless or engaging in risky activities—seemingly without thinking
- Depression. Lack of self-esteem
- Abrupt changes in personality
- Giving away possessions
- Increased use of drugs or alcohol
- Chronic pain
- Feeling anxious, agitated, or unable to sleep or sleeping all the time
- Restlessness and inability to concentrate
- Withdrawal from people, especially close friends, family and/or favorite activities

SUICIDE FAQ's

What is the number one cause of suicide?

Untreated Depression

Why do people die by suicide?

Because they are in intense pain and they want the pain to stop.

If I have thoughts of suicide am I abnormal?

No. Thoughts of suicide are extremely common. But if you have thoughts of suicide you should seek treatment immediately.

If I think about suicide does that mean that I will die by suicide?

No. The vast majority of people who think about suicide do not attempt suicide or die by suicide.

Are people that die by suicide weak?

No. Most people who die by suicide are very strong, but they have untreated depression.

I feel depressed and suicidal. Can I treat myself?

No. Never try to treat yourself for depression or suicidal thoughts. Make appointments with a doctor and a therapist immediately.

HELP IS AVAILABLE

If you or someone you know is having trouble coping, please ask for help.

LSSU Counseling Services
906-635-2752

National Suicide Lifeline
1-800-273-TALK (8255)

Hiawatha Behavioral Health
24 Hour Crisis Line
1-800-839-9443

Behavioral Health Center
906-495-HELP (4357)

Weber & Devers
906-635-7270

Online Resources
www.suicidepreventionlifeline.org
www.suicide.org