

RAISING *mental health awareness*

Suicide prevention



Did you know...?

- Suicide is the 2nd leading cause of death in college students.
- More young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia and influenza and chronic lung disease **combined**.
- 7% of students have “seriously considered suicide” in the past year.
- 90% of those who commit suicide had an underlying mental health condition.

Common suicide warning signs

- Talking about hopelessness, worthlessness, being a burden to others, feeling trapped or having no reason to live
- Having no motivation or losing interest in activities once enjoyed
- Withdrawing or feeling isolated
- Sudden change in personality or behaviors
- Giving away possessions, behaving recklessly
- Talking about death or not being here tomorrow. Looking for ways to kill oneself such as searching online or buying a gun

If you or someone you know is exhibiting these signs:
Take action immediately and always take it seriously
Tell someone you trust to assist you in taking action
or call the National Suicide Lifeline at
(800) 273-TALK (8255).

Raising mental health awareness about *suicide prevention* could help save a life.

To learn more visit www.nami.org/aka

