

Tech Ends Suicide Together

#JacketsEndingSuicide endsuicide.gatech.edu

WHAT ARE THE WARNING SIGNS FOR SUICIDE:

VERBAL CLUES

- Talking about...killing themselves
- Having no reason to live
- Being a burden to others
- Feeling desperate or trapped
- Feeling hopeless
- Unbearable pain
- Seeking revenge
- "Ending it all"
- Saying goodbye to family/friends

BEHAVIORAL CLUES

- Any previous suicide attempt(s)
- Increased alcohol or drug use
- Acquiring a gun/stockpiling pills
- Withdrawing from activities
- Giving away prized possessions
- Sleeping too much or too little
- Acting recklessly
- Unexplained anger, aggression, irritability
- Engaging in self-destructive behavior

SITUATIONAL CLUES

- Being fired or expelled from school
- A recent unwanted move
- Loss of any major relationship
- Death of a friend or loved one
- Diagnosis of a serious illness
- Anticipated loss of financial security
- Fear of becoming a burden
- Loss of freedom/fear of punishment

WHAT TO DO IF I SUSPECT SOMEONE IS AT RISK FOR SUICIDE:

Take it seriously -- Do not leave them alone -- Listen to the problem and give them your full attention -- Let the person know you are concerned and you care -- Don't be afraid to ask whether they are considering suicide or have a plan in mind -- Offer hope in any form -- Do not rush to judgement -- Help them remove any lethal means like firearms and drugs -- Offer to escort them to an emergency room, counseling center or psychiatrist

CAMPUS & LOCAL RESOURCES:

Georgia Tech Counseling Center: 404-894-2575

Campus Police: 404-894-2500

Georgia Crisis & Access Line: 1-800-715-4225

National Suicide Prevention Lifeline:

1-800-273-TALK (8255)

National Hopeline Network: 1-800-784-2433

www.halfofus.com

www.jedfoundation.org

www.thetrevorproject.org