



# WHAT YOU NEED TO KNOW ABOUT SUICIDE

FOR IOWA STATE STUDENTS

## FACT 1

1 in 10 college students have suicidal ideation.

## FACT 2

1100 college students commit suicide each year.

## FACT 3

Suicide is the second leading cause of death for people ages 15-19.

## Know the Warning Signs

Some of these risk factors can be indicators someone may be suicidal:

**Mood:** depression, anxiety, disinterested, shameful, anger/agitation

**Dialogue:** talk about killing oneself, talk about hopelessness, talk about feeling trapped, talk about being a burden to others

**Behaviors:** increased use of drugs and alcohol, isolation from loved ones, obsessive thoughts about death, saying goodbye to people



Click [here](#) to learn more about *Let's Talk*, informal walk-in consultations outside of the counseling center on campus.



Text ISU to

**741741**

For 24/7 crisis support



## How To Respond

- Become available: "I'm here for you."
- Ask about their emotions: "I've noticed you've been distant lately. How have you been doing?"
- Listen without judgment : Allow the other to express their feelings.
- Suggest seeking help from healthcare professionals
- Stay with them (if possible); Don't leave them alone.
- Take action: remove, weapons, pills, or other harmful objects .

**REGISTER FOR CAMPUS CONNECT  
SUICIDE PREVENTION TRAINING**