**Suicide Warning Signs and What to Do**

**Suicide Warning Signs**

***Learn how to recognize the danger signals.***

Be concerned if someone you know:

* Talks about committing suicide
* Has trouble eating or sleeping
* Exhibits drastic changes in behavior
* Withdraws from friends or social activities
* Loses interest in school, work or hobbies
* Prepares for death by writing a will and making final arrangements
* Gives away prized possessions
* Has attempted suicide before (No. 1 Risk Factor)
* Takes unnecessary risks
* Has recently experienced serious losses
* Seems preoccupied with death and dying
* Loses interest in his or her personal appearance
* Increases alcohol or drug use.
* Depression
  + Hopelessness

Most people who have depression are not suicidal. However, all suicidal people have depression.

**What to Do If You Suspect Someone May Be Suicidal**

***Be Willing to Listen***

* Start by telling the student that you are concerned and give him/her examples of your concern.
* Ask whether he/she is considering suicide. “Are you thinking of killing yourself?” or “Are you thinking of hurting yourself?” If the answer is “Yes,” ask, “Do you have a plan?” (if the answer is “Yes,” ask about timing, location, lethality, means).
  + If the intention to complete the plan appears to be imminent, call 911 and then Security, 425.564.2400.
  + Complete a Behavioral Intervention Team referral form: https://publicdocs.maxient.com/incidentreport.php?BellevueCollege
* Do not attempt to argue the student out of suicide. Rather, let the student know you care, that he/she is not alone, that suicidal feelings are temporary and that depression can be treated. Avoid the temptation to say, "You have so much to live for," or " “Everything will be okay.” Do not leave the student alone.
* Remove from the vicinity any firearms, drugs or sharp objects that could be used for suicide.

**Resources**

National Suicide Prevention Lifeline at 1-800-273-TALK (8255). This government hotline connects individuals in suicidal crisis to their nearest suicide prevention and mental health service provider.

Local King County Suicide Hotline: 866-427-4747

Campus Security: 425-564-2400

Campus Counseling Center: 425-564-2212

Adapted from the American Psychological Association and the American Foundation for Suicide Prevention

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