

# UCR | Counseling and Psychological Services

## OTHER CAMPUS RESOURCES

### Emergency

(Police, Fire, Medical)

9-1-1 • (24 hours)

### Campus Police

(951) 827-5222

For Housing Resources please contact your Resident Advisor (RA), the RA on duty, or your Resident Director (RD).

## OTHER RESOURCES

### Riverside Helpline

(24 Hour Suicide/Crisis Intervention)

(951) 686-HELP • (951) 686-4357 • (24 hours)

### 1-800-SUICIDE

(1-800-784-2433) • (24 hours)

## NATIONAL RESOURCES

### Mental Health America

1-800-969-6642

<http://www.nmha.org>

### National Institute of Mental Health

1-866-615-6464

<http://www.nimh.nih.gov>

### American Foundation for Suicide Prevention

1-888-333-2377

<http://www.afsp.org>

### American Association for Suicidology

1-800-273-TALK (8255)

<http://www.suicidolgy.org>

### The Jed Foundation

<http://jedfoundation.org>

A national organization specifically focusing on University Suicide Prevention

# You can help a friend in need

05/16

# UCR | Counseling and Psychological Services

## HOURS

Monday through Friday • 8 a.m. – 5 p.m.

## FOR AN APPOINTMENT

Call UCR's Counseling and Psychological Services during regular office hours

(951) UCR-TALK • (951) 827-8255

Or (951) 827-5531

On Campus: 2-TALK (2-8255)

## COUNSELORS ARE ALSO AVAILABLE BY PHONE

### 24-hours Daily

(951) UCR-TALK • (951) 827-8255

Or 951-827-5531

On Campus: 2-TALK (2-8255)

## ADDRESS

UC Riverside Counseling and Psychological Services

Veitch Student Center, North Wing

Riverside, CA 92521

[counseling.ucr.edu](http://counseling.ucr.edu)

Made available by UCR's Counseling and Psychological Services

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WELLNESS • RECOVERY • RESILIENCE



## CRITICAL RESOURCES

### RIVERSIDE HELPLINE 1-800-686-HELP

1-(800) 686-4357 • (24 Hours)

### NATIONAL SUICIDE HOTLINE 1-800-SUICIDE

1-(800) 784-2433 • (24 Hours)

### STUDENT HEALTH SERVICES (951) 827-3031

# Suicide Awareness: Helping Friends in Need



CALL 24-HOURS A DAY:  
**(951) UCR-TALK**  
(951) 827-8255

# UCR | Counseling and Psychological Services

*Suicidal feelings are real, preventable, and treatable.*

*You can help a friend in need.*

be well | STUDENT HEALTH AND WELLNESS SERVICES

Accredited by

The International Association of Counseling Services, Inc.

BE MENTALLY HEALTHY

BE LESS STRESSED

BE WELL

SUICIDE AWARENESS

## HELPING FRIENDS IN NEED

As part of our commitment to the UCR campus community, UCR's Counseling and Psychological Services is offering information about depression and suicide prevention. Our hope is that the information will help raise awareness of depression and suicide at UCR and provide suggestions about how we as a community can care for each other. The staff at Counseling and Psychological Services would like to extend our support and encourage you to take advantage of our services.

## THE PROBLEM OF SUICIDE

In 2006, suicide was the 11<sup>th</sup> leading cause of death for all Americans, the third leading cause of death for those aged 15-24, and the second leading cause of death in the college population. These statistics demonstrate the seriousness of suicide, which is often linked to untreated depression. Any talk of suicide by a friend or loved one should be taken seriously and help should be sought immediately.



## SYMPTOMS

Not everyone experiences depression or suicidal tendencies in the same way. Some people may have behavioral changes, while others experience physical changes.

## DEPRESSION AND SUICIDE HAVE MANY COMMON WARNING SIGNS INCLUDING:

- Sadness or anxiety
- Feelings of guilt, helplessness or hopelessness
- Trouble eating or sleeping
- Withdrawing from friends and/or social activities
- Loss of interest in hobbies, work, school, etc.
- Increased use of alcohol or drugs
- Anger

## SPECIFIC SIGNS OF POTENTIAL SUICIDE INCLUDE:

- Talking openly about thoughts of committing suicide
- Talking indirectly about "wanting out" or "ending it all"
- Taking unnecessary or life-threatening risks
- Giving away personal possessions

Depression alone or in combination with aggressive behavior, substance abuse and/or anxiety is found in over half of all suicides. If depression is present, substance abuse, anxiety, impulsivity, rage, and hopelessness may increase the risk of suicide.

## SUICIDAL IDEATION (THOUGHTS OF KILLING SELF) CAN ALSO BE TRIGGERED BY A NUMBER OF THINGS INCLUDING:

- Stressful events, such as a failed exam or failure to get a job
- Crises in significant social or family relationships
- Interpersonal losses
- Changes in body chemistry
- High levels of anger or anxiety

## HOW TO HELP A FRIEND

If you notice any of the above warning signs in a friend or loved one, you have reason to be concerned. There are ways that you can be helpful to a friend or loved one who is thinking of taking her/his own life. Let someone know who can help you. For example, UCR's Counseling and Psychological Services, Residence Hall staff, professors, TA's, the Dean of Students Office.

- **Be honest and express your concerns.** For example, "You seemed really down lately; is something bothering you?"
- **Ask directly about thoughts of suicide.** For example, "Have you thought of hurting yourself?" If suicidal thoughts, intentions or plans are expressed it is important to contact UCR's Counseling and Psychological Services, the Dean of Students Office, or if in the Residence Halls, your RA, RD or other person in charge.
- **Listen and offer emotional support, understanding and patience.**
- **Convey the message that depression is real, common and treatable.** Suicidal feelings are real, preventable, and treatable.
- **Offer to accompany your friend to see a counselor at UCR's Counseling and Psychological Services or other person who can help.**
- **If you discover that your friend has a specific plan or a timetable for harming her/himself, take it seriously.** Call an appropriate campus resource right away. Don't leave the person alone, even if they say something like, "I'm okay now." Get someone to stay with your friend, or accompany your friend to UCR's Counseling and Psychological Services or to the emergency room of a local hospital.

If your friend is in immediate danger of hurting her/himself, call campus police (9-1-1).

## IN AN EMERGENCY

Stay calm and try to keep your friend calm. Find someone to stay with your friend while calls are being made. Notify a staff member or faculty member.

If you feel your friend may be a direct threat to themselves or others, or may act in a disruptive, a bizarre, or a highly irrational way, please call:

### UC Riverside Police

911 or (951) 827-5222 • (24 hours)

- For transportation and/or protection.

### Counseling and Psychological Services

Veitch Student Center, North Wing • (Mon – Fri, 8 a.m. – 5 p.m.)  
(951) UCR-TALK • (951) 827-5531 • (24 hours by phone)

- For walk-in or phone consultation, evaluation, treatment, and referral or 24 hours by phone consultation.
- UCR's Counseling and Psychological Services staff provide immediate services to individuals in crisis, and use knowledge of campus and community resources to make appropriate referrals.

### Student Affairs Case Managers

(951) 827-5000 or (951) 827-9354

Dean of Students Office, 381 Highlander Union Building

- For referrals, linkage, problem-solving, and advocacy to campus community resources.
- Campus Connect Training - Suicide awareness and intervention training.

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[counseling.ucr.edu](http://counseling.ucr.edu)

**UCR** | Counseling and Psychological Services

SUICIDE AWARENESS