

SUICIDE

Suicide is the second leading cause of death among college students.*

College often comes with new experiences and stress that can impact mental health. Thoughts of suicide can be scary, but they can also be treated. It's important to ask yourself questions about if you're having thoughts of suicide to determine if it's time to reach out.

ASK YOURSELF:


- 1 Have you ever felt hopeless or like you have no reason to live?
- 2 Have you withdrawn or isolated yourself from friends, family or social activities?
- 3 Have you ever thought about harming yourself or trying to take your own life?
- 4 Do you find yourself wishing for a permanent escape from life?


* ["University and college campus suicide prevention." American Foundation for Suicide Prevention.](#)

YOUR EVERYDAY LIFE SUPPORT.



If you answered yes to one or more of these questions, you're not alone. Many college students are impacted by thoughts of suicide. Your Life Iowa is here to support you and connect you to help. You can call, text or chat online with us 24/7.

 **CALL:**
(855) 581-8111

 **TEXT:**
(855) 895-8398

 **CHAT:**
YourLifelowa.org

SUICIDE

When someone says they are thinking about suicide, or says things that sound as if the person is considering suicide, it can be very upsetting. If you or a loved one have been having suicidal thoughts, reach out NOW to Your Life Iowa for free, confidential support.

WHAT TO DO WHEN SOMEONE IS SUICIDAL:*

- 1 Offer to talk and listen compassionately without judgment
- 2 Take their feelings seriously. Do not promise to keep it to yourself or hide what they have shared
- 3 Encourage them to seek treatment or get assistance, such as contacting Your Life Iowa
- 4 DO NOT leave them alone. Stay with them or connect with someone who can be there in-person to support them

SIGNS SOMEONE MAY BE HAVING THOUGHTS OF SUICIDE:*

- 1 Saying things such as "I'm going to kill myself," "I wish I was dead," "I wish I was never born."
- 2 Self isolating
- 3 Giving away belongings/saying goodbye
- 4 Risky/self destructive behavior including increased use of drugs or alcohol
- 5 Changes in personality, experiencing extreme highs and lows, anxiety or agitation


* ["Suicide: What to do when someone is suicidal." Mayo Clinic. July 21, 2022](#)


YOUR EVERYDAY LIFE SUPPORT.



Your Life Iowa is here to support you and connect you to help if you have concerns about thoughts of suicide. You can call, text or chat online with us 24/7 - and it's free!

We walk beside you so you're never alone.

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