

preventsuicide.appstate.edu

A quick-reference guide for reaching out and helping yourself and other students in distress

• YOU MATTER • YOU ARE NOT ALONE • HELP IS AVAILABLE

SURVIVE AND THRIVE

IMPORTANT RESOURCES: If you are concerned about yourself or another student in distress, contact any of the following:

- Campus Police.....ext. 8000 or 828- 262-2150
- Counseling & Psychological Services.....828-262-3180
- Health Services.....828-262-3100
- Office of the Dean of Students828-262-8284
- Residence Life828-262-2160
- Local Mental Health Crisis Line.....828-264-HELP
- OASIS (sexual assault helpline).....828-264-1532
- National Suicide Prevention Lifeline.....1-800-273-TALK

Download the AppCares app for your smartphone

- S** Share- Share referrals with the student. Form a safety net. Share with your support network. (Friends, family, campus resources)
- P** Promote Hope- Listen and let the student know that things can get better, help is available, and s/he is not alone.
- P** Probe- Show that you care by asking questions. (Have you thought about suicide?)
- A** Approach and Acknowledge- Tolerate your own anxiety and awkwardness. Be specific about what you notice. (You seem distressed, I've noticed x, y, z)

If you are worried about another student, remember:

You don't have to have all the answers. Resources are available to help.



Text APPARES to 50555 or
Download the AppCares
app for your smartphone
appcares.appstate.edu

Appalachian Cares



IF YOU ARE EXPERIENCING PSYCHOLOGICAL DISTRESS, HERE ARE SOME THINGS YOU CAN DO TO FEEL BETTER:

Express yourself...let yourself cry, it won't last forever

Distract yourself...listen to music, read, draw, color

Call someone...talk about how you feel, ask for what you need

Take care of your body...eat healthy foods, exercise, sleep

Show compassion to yourself...allow yourself to feel what you're feeling without judgment

List your options...in any situation you have choices

Structure your day...keep yourself on track and connected, spend time with people who care about you

Write in your journal...organize your thoughts

Exercise...walk, bike, run, join club sports, work out

Relax...take a warm bath, read a good book, play with pets

Get involved...join a club or organization, volunteer with others

Get connected...ask someone to lunch or a campus activity, use the internet to find resources and support

THE COUNSELING CENTER CAN HELP

If you or someone else is having suicidal or homicidal thoughts, call a counselor day or night. To access the emergency after hours system, call police dispatch at 828-262-2150.

WALK-IN HOURS

Mon-Fri 8:30-11am and 1-4pm

HOW TO SAVE A LIFE OR RESPOND TO SOMEONE IN DISTRESS:

BE AWARE

- Believe that people can be suicidal
- Know the signs of distress/communications of suicide

ASK AND LISTEN

- Trust that asking about suicide will not promote suicide
- Listen and stay connected

HAVE A PLAN

- Commit to reaching out and talking openly and freely about suicide
- Remove access to lethal methods

SAY SOMETHING

- Refer to and share your concern with helpful others
- Never promise confidentiality

SIGNS OF DISTRESS/COMMUNICATIONS OF SUICIDE:

- Sad or irritable mood
- Impulsivity
- Talk of death or escapism
- References to being worthless
- Binge drinking or drugging
- Covert communications about suffering (essays, missing, classes, Facebook status)
- Behaviors like saying goodbyes or giving away prized possessions
- Major change in mood, appetite, sleep, academic performance or social relationships
- A recent and identifiable trigger or a long standing hopelessness
- Withdrawal/social isolation