Facts

2/3 of people who die by suicide communicate their intent to die to someone before their death.

Most people who are suicidal show some sign of distress or communicate their intent before attempting suicide. It’s up to you to recognize these signs and say something. Your willingness to be brave and have this difficult conversation may save a life. Those who talk about suicide may indeed be thinking about, and even attempt, suicide. Never ignore this verbal warning sign. Apply A.P.P.S. as soon as possible.

Suicidal people are ambivalent about dying.

As long as the person still lives, a part of them is holding on to life. Applying A.P.P.S. Cares could very well save a life.

“When you come to the end of your rope, tie a knot and hang on.”
- Franklin D. Roosevelt
“Facts don't cease to exist because they are ignored.”
-Aldous Huxley

**Talking about suicide does not put the idea in a person’s head.**

Asking someone if they are suicidal will not suddenly plant the idea in their head. If someone is not thinking about suicide, asking them about suicide will not increase their risk for attempting suicide. Asking about suicide does allow people to express their pain in a safe manner, and usually helps them to feel better.

**People still need to be supported after being hospitalized.**

The time immediately after discharge is when a person who is suicidal is at highest risk. While they may not have had the energy to make an attempt before, they may now have that energy following hospitalization. Continue to check in on friends who you know have been hospitalized for suicidal ideation.
Risk Factors

Risk factors are characteristics that make it more likely that an individual will consider, attempt, or die by suicide. Someone who has these characteristics is not for sure going to die by suicide, but they are at higher risk for dying by suicide than someone who does not possess these characteristics.

Mental Disorders
Substance Abuse Disorders
Hopelessness
Impulsive Tendencies
Aggressive Tendencies
History of Trauma or Abuse
Bullying
Self-Harm
Previous Suicide Attempt
Family History of Suicide

Job or Financial Loss
Relational or Social Loss
Easy Access to Lethal Means
Lack of Social Support
Stigma Associated with Seeking Help
Barriers to Accessing Mental Health Care
Knowing Someone Who Has Died By Suicide

To help a friend who is in distress.
Warning Signs

Warning signs are behaviors that signal, “I’m in trouble. I need help right now.” Warning signs should never be ignored. If your friend is acting in a way that is not how they normally act, you should check in on them. If you notice any of these warning signs, apply A.P.P.S. Cares. It’s up to you to say something.

High Risk Warning Signs - Seek Help Immediately

- Talking about wanting to die or kill oneself
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no reason to live

Other Warning Signs

- Feeling trapped or in unbearable pain
- Feeling like a burden
- Increased use of alcohol or drugs
- Acting anxious or agitated
- Talk of seeking revenge
- Reckless behavior
- Sleeping too much or too little
- Withdrawing or feeling isolated
- Showing rage
- Extreme mood swings
A.P.P.S. Intervention

If a friend is in distress, apply A.P.P.S. Cares. You could save a life. If you do not feel comfortable applying A.P.P.S. Cares, find someone who is. We are all a part of the Appalachian Family and we should all be looking out for each other.

• Approach and Acknowledge
  
  Tolerate your own anxiety and awkwardness. Be specific about what you notice.

• Probe
  
  • Show that you care by asking questions.

• Promote Hope
  
  Listen and let the student know that they are not alone.

• Share Referrals
  
  Share referrals. Form a safety net. Share with your support network.
Approach and Acknowledge

This step may be uncomfortable for you. It is natural to feel nervous and anxious about approaching someone to speak to them about their emotional pain. Remember that not all conversations are comfortable. Part of caring about people is being brave enough to have these tough talks.

**Tips**

- The awkwardness and anxiety you feel is normal. Talking about suicide is scary. This does not mean you shouldn’t have the conversation. You must be brave and approach your friend, despite that nervousness.

- Make sure you have this conversation in a private place. You do not want to have this talk in a location where others can walk in on you or where others can hear.

- Give yourself plenty of time. You do not want to start this conversation and then have to leave 20 minutes later because you have class or a meeting you must attend.

- Be specific. Talk about specific things your friend has done or said that have made you concerned.
Launching straight into the ‘suicide’ question is not recommended. Instead, build rapport by asking how your friend is feeling and how they are doing. Once rapport has been established, **ask the question.** Asking the suicide question is scary, but if you think someone is thinking about suicide, you must ask.

**Tips**

- Build up to the ‘suicide question.’ Say things like, “I’m concerned about you, how are you doing” or “What’s going on in your life right now?”

- Don’t pass judgment. You may have preconceived notions about whether or not suicide is right or wrong. Bringing those judgments into the conversation could close up the doors of communication you’ve worked so hard to open up.

- When you do ask the ‘suicide question’, make sure to ask it in a way that allows the person to feel comfortable answering ‘yes’ or ‘no’. If you are asking about suicide, do no ask if they are ‘planning to hurt themselves’, as hurting and killing are two very different things.

“Are you thinking about killing yourself?”

“Do you feel so bad that you wish you were dead?”

“Have you thought about suicide?”

“Have you thought about how you would kill yourself?”

“Do you want to kill yourself?”
Promote Hope

The best way to promote help is to listen. People who are thinking about suicide have often never had the chance to talk about their feelings. Someone caring enough to listen can make a big difference. Knowing that they are no longer alone in this struggle does bring hope.

Tips

- Allow your friend to talk about death and dying. Your first instinct will be to tell your friend all the reasons why they should stay alive. Fight back this urge. Allow your friend to talk about the reasons they want to die, even if it is uncomfortable for you. Remember, you are on the life side of the scale, while they are on the death side. You must try to meet them where they are and spend some time talking about death before you can talk about life.

- Listen. Really listen. Try not to interject with your own stories. Keep the focus on your friend. Ask them questions. Use verbal nods to show them that you are paying attention.

- Allow your friend to come up with their own reasons for living. Your reasons for living may not be the same as theirs.
Share Referrals

Give your friend as much control over which referrals to contact as you can. Who do they feel comfortable contacting? Who do they want to make the phone calls? You or them? If your friend refuses help however, you may have to get others involved. Keeping your friend safe is the priority.

Tips

- Have your resources on hand. You don’t want to be looking through drawers or folders trying to find the list of resources. Having them ready shows that you are prepared and know what to do. This will make the person you are talking to feel like they have put their trust into the right person.

- Do not leave the person alone. While arranging for help, stay with them. For example, instead of leaving the person alone in the room while you go find your RA, instead call someone and ask them to get the RA for you.

- Form a safety net. You cannot be the only person that your friend relies on for support. Ask your friend who else they feel comfortable talking to about this. Some people to consider contacting are family members (parents, siblings, aunts, uncles, grandparents, cousins), friends, priests, professors, mentors and coaches. Professionals, such as a therapist or a social worker, should also be part of the safety net.
Local Resources

Campus Resources

**Counseling and Psychological Services Center**
*Free and Confidential Counseling for Currently Enrolled Students*
1st Floor - Miles Annas Student Support Building
(828) 262-3180
counseling@appstate.edu
Walk-In Hours
Monday - Friday
8:30am - 11am, 1pm - 4pm

**Red Flag Campaign**
*Resources for Survivors of Sexual Assault*
(828) 262-2704
redflagcampaignasu@gmail.com

**University Police Department**
*Emergencies and After Hours Support*
Rivers Street Parking Deck
(828) 262-2150

**Dean of Students**
*Assistance for Academic Affairs*
324 Plemmons Student Union
(828) 262-8284
dos@appstate.edu

**Counseling for Faculty and Staff**
*Free and Confidential Counseling for Employees*
400 University Hall Drive
(828) 262-4951

Download the Appcares Mobile App
Free app available on iPhone and Android. Easily locate on-campus and off-campus resources. Search ‘appcares’ in the iTunes Store or the Google Play Store.

Community Resources

**Daymark**
*Community Mental Health Provider*
132 Poplar Grove Connector # B
(828) 264-4357
After Hours/Crises Line: (828)264-4357

**Finding Hope: Survivors of Suicide Support Group**
Meets 2nd/4th Thursdays of the month at Hunger and Health Coalition. Cost is free.
Contact Kim Winbargar: (828) 262-1628 or mamadee1989@charter.net

**OASIS**
*Sexual Assault and Domestic Violence Assistance*
225 Birch St., Suite 4
(828) 264-1532
Crises Line: (828) 262-5035

**Hunger and Health Coalition**
*Free for reduced cost food, pharmacy, clothing, woodlot and more for qualifying individuals*
141 Health Center Drive
(828) 262-1628
Lesbian, gay, bisexual, transgender, queer and/or questioning (LGBTQ) individuals are at higher risk for suicide than their heterosexual peers. Connecting them to resources where they have a chance to meet and form relationships with people who have gone through similar life experiences is important.

The Counseling Center also offers group therapy for those who identify as LGBTQ. For more information about these groups, contact the counseling center at (828) 262-3180. These groups are FREE for currently enrolled students.
Those who have served or are serving in the military are at higher risk for suicide. Sometimes, veterans and active duty officers want to talk to someone who knows what they are going through, such as other veterans. These resources can help military personnel find others to connect with.

**Watagua Veteran’s Services Office**

Watauga County Veterans Service Office, located in the Courthouse Annex (331 West Queen Street, Boone, NC 28607), assists veterans, dependents, and retirees in obtaining benefits from the U.S. Department of Veteran's Affairs.

**Financial Assistance**

ncheroes.org

**Military Crisis Line**

1-800-273-8255 [PRESS 1]

Text to 838255

1st/3rd Thursday of each month
6:15pm in New River Room
Plemmons Student Union

**Welcome to the Veterans Self-Check Quiz!**

The Department of Veterans Affairs and the National Suicide Prevention Lifeline have joined with the American Foundation for Suicide Prevention to create the Veterans Self-Check Quiz. This is a safe, easy way to learn whether stress and depression might be affecting you.

Using this service is completely voluntary and confidential. You must be at least 18 years old to complete the Self-Check Quiz.

www.VetSelfCheck.org
Appalachian State University has over 20 clubs and organizations that focus on multicultural interests. These clubs are a terrific resource for those looking to be connected with others who share their ethnicity. Here are just a few of those clubs. Contact the Multicultural Student Development office for more info.

Asian Student Association  asa.asu@gmail.com
Black Student Association  brumfieldma@appstate.edu
Hispanic Student Association  casaljf@appstate.edu
Jewish Students of Appalachian (HILLEL)  Hillel.AppState@gmail.com
Pagan Student Association  fonviellemk@appstate.edu
Online Training

You can take a FREE 45 minute online suicide prevention gatekeeper training. Go to kognitocampus.com/login and create an account. Students should enter the enrollment key: appstate828. Faculty, staff and parents should enter the enrollment key: appstate592.
Other Resources

Online Campus Resources

http://screening.mentalhealthscreening.org/APPSTATE

National Resources

**National Suicide Prevention Lifeline**
24/7 Crises Counseling
SuicidePreventionLifeline.org
1-800-273-TALK (8255)

**The Trevor Project**
24/7 Crises Counseling for LGBTQ Youth
Online Support Forum
TheTrevorProject.Org
1-866-488-7386

**National Sexual Assault Hotline**
24/7 Assistance
Rainn.org
1.800.656.HOPE (4673)

**United Way 2-1-1**
Information and Referral Hotline
Call 2-1-1 from a landline
(888) 892-1162
(919) 361-4835

More Information About Suicide Prevention

PreventSuicide.appstate.edu
AFSP.org
Suicidology.org

SAVE.org
SPRC.org
SAMHSA.org