

# BOSTON UNIVERSITY TERRIERS CONNECT



## ➔ Warning Signs of Distress

- Statements indicating suicidal thinking
  - References indicating a desire to die
  - Depression or other mood changes
  - Withdrawal from friends/family
  - Drug or alcohol abuse
  - Impulsiveness or recklessness
  - Anger and anxiety
  - Feeling trapped and hopeless
  - Suffering a major loss or life change
  - Access to self-destructive means
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## ➔ Helping Students in Distress

- Avoid being pledged to secrecy
  - Validate student's feelings and experience
  - Keep questions simple
  - Listen to the person and acknowledge their pain
  - Avoid problem solving/giving advice
  - Reassure the student that help is available if needed
  - Take all comments about suicide seriously
  - Don't let the anxiety of a "yes" response prevent you from asking about suicide
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One of the **greatest resources** for dealing with *pain* is feeling and believing that other people **care** and are there to provide **support**.  
**Talk to someone.**  
**Listen.**



## BU RESOURCES

### IMMEDIATE EMERGENCY ASSISTANCE

- [BUPD](#) On Charles River Campus: 617-353-2121
- BUPD On BUMC Public Safety: 617-414-4444
- Off Campus: 911
- [Behavioral Medicine](#): 617-353-3569
- [Sexual Assault Response and Prevention](#): 617-353-SARP (7277)

### MENTAL HEALTH & SUBSTANCE USE

- [Center for Psychiatric Rehabilitation](#)
- [Collegiate Recovery Program](#)
- [Office of Disability and Access Services](#)

### OTHER CAMPUS SUPPORTS & RESOURCES

- [Marsh Chapel](#)
- [Educational Resource Center](#)
- [Student Activities Office](#)
- [University Services Center](#)
- [International Student and Scholars Office](#)
- [Ombuds](#)
- [Dean of Students](#)
- [Equal Opportunity Office/Title IX Coordinator](#)
- [Newbury Center](#)

### SUICIDE PREVENTION HOTLINES

- 988 (Call, Text or Chat)
- 1-800-799-4TTY (4889) (Deaf/ Hard of Hearing)
- 1-877-870-HOPE (4673) (Samaritan's)
- 1-866-488-7386 (LGBTQ Youth)