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

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

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.