**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

**SUICIDE PREVENTION HOTLINES**
- 1-800-273-TALK (8255)
- 1-800-799-4TTY (4889)
- 1-877-870-HOPE (4673)
- 1-866-488-7386 (LGBTQ Youth)

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**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

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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.