

Faculty as Helping Resources for Students

*Suicide is the
2nd leading cause of death
in college age students.*

*Alaska has the
HIGHEST rate of suicide
in the United States.*

Given these two statistics, it is especially important that we at UAF be aware of what we can do to prevent such a tragedy.

This brochure is provided to assist you in becoming aware of signs of a distressed student, things that you might do to help the student, signs of suicidal ideation, and when and how to make effective referrals for additional help.

There are basically four types of warning signs:

1. **Situational:** stressful or traumatic experience.
2. **Depressive:** changes in usual behavior, inability to concentrate, socially withdrawn, easily agitated, apathy, crying, sense of worthlessness, appears sad, abusing substances.
3. **Verbal signs:** direct or indirect; verbally or in written material (e.g., assignments, papers, etc.).
4. **Behavioral:** giving away possessions, writing a suicide note, acquiring means to commit sui-