

1 in 5 of us
will experience
a mental illness
this year

86% of students
who die by suicide
never access
campus mental
health services.

RESPOND

Recognize Signs & Symptoms
Empathize
Share observations
Pose open questions
Offer hope
Navigate resources & policies
Do self-care

Register for training at
(573) 341-4211



**Counseling, Disability Support,
and Student Wellness**

204 Norwood Hall
<http://counsel.mst.edu>

(573) 341-4211

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RESPOND

Partnering for Campus Mental Health

*Together
we can change
the story of
mental health*



Assess for Suicide

Ask direct questions in a calm confident way.

Are you thinking of killing yourself?

How will you end your life?

When will you end your life?

Do you have the things you need to carry out your plan?

The more details the person has thought through, the greater the risk they will act on their thoughts. When a person has a plan and a date that is very soon, do not leave them alone.



Common Symptoms

Emotions:

sadness, irritability, anger, anxiety, unreasonable fear, hopelessness, helplessness, guilt, lack of emotional response, mood swings

Thoughts:

Self-blame, self-criticism, impaired memory or concentration, negative thought patterns, racing thoughts, mind going blank, confusion, indecision, excessive worry, intrusive memories, thoughts of death and suicide

Behaviors:

Crying, avoiding stressful activities, not completing tasks, loss of interest, slow movement, distress in or withdrawal from social activities, increased use of alcohol or other drugs

Physical Health:

Sleeping too much or too little, difficulty falling or staying asleep, fatigue, frequent headaches, muscle tension, aches and pains, change in appetite or weight, irregular menses, loss of sex drive, shortness of breath, pounding or racing heart, restlessness, sweating In addition to common symptoms of mental health problems someone experiencing psychosis, an eating disorder or substance use disorder may experience these additional signs & symptoms

Psychosis

Hallucinations (sensory), delusions (fixed beliefs), thinking difficulties, loss of drive

Eating Disorders

Preoccupation with body size, shape, or weight; weight changes; avoidance of meals or bingeing; excessive attention to food, recipes, or food labels; swelling of cheeks and jaws; calluses on knuckles; dental deterioration

Substance Use Disorders

Increased use or tolerance; withdrawal symptoms; difficulty controlling use or using at times one decided not to; avoiding activities, responsibilities, or people in order to use or recover from use; continuing to use after negative consequences occur

National Crisis Lines

NATIONAL SUICIDE PREVENTION LIFELINE

www.suicidepreventionlifeline.org

1-800-273-8255

THE TREVOR PROJECT

www.thetrevorproject.org

1-866-488-7386