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

Missouri S&T
Counseling, Disability Support, and Student Wellness
204 Norwood Hall
http://counsel.mst.edu
(573) 341-4211

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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 binging; 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

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**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.

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**National Crisis Lines**

**NATIONAL SUICIDE PREVENTION LIFELINE**
www.suicidepreventionlifeline.org
1-800-273-8255

**THE TREVOR PROJECT**
www.thetrevorproject.org
1-866-488-7386