

# RESOURCES



## Campus Resources for Students

Counseling Center	(949) 824-6457
Student Health Center	(949) 824-5301
Dean of Students	(949) 824-5590
Office of Ombudsman	(949) 824-7256
UC Irvine Police Department	(949) 824-5223 (24 hour line)

## Resources in the Community

Suicide & Crisis Lifeline	988 (24 hour)
UCI Medical Center	(714) 456-7890
Irvine City Police Department	(949) 724-7000



- R**ecognize and respond to warning signs.
- E**mpathize and engage in discussion.
- A**ct by asking the suicide question.
- C**onnect and convey hope with treatment.
- H**elp them get to help.

## UCI Response Protocol for Distressed Students

Is the student a danger to self, or others,  
or does the student need immediate  
assistance for any reason?

### Yes

*The student's conduct is clearly and imminently reckless, disorderly, dangerous, or threatening and is suggestive of harm to self or others in the community.*

**Action:** Call 9-1-1 or UCI Police Department (949) 824-5223

### I'm not certain

*The student shows signs of distress, but I am unsure how serious it is. My interaction has left me feeling uneasy and/or concerned about the student.*

**Action:** Call the Counseling Center for consultation (949) 824-6457

### No

*I am not concerned for the student's immediate safety, but he/she is having significant academic and/or personal issues and could use some support or additional resources.*

**Action:** Refer student to an appropriate campus resource (see resource page).

# Know the SIGNS

Help Prevent Suicide.



See Something. Say Something. Do Something.



## UCI Police Department

150 Public Services Building  
Irvine, CA 92697-4900  
(949) 824-5223  
[www.police.uci.edu](http://www.police.uci.edu)

Pain Isn't Always Obvious

# KNOW THE SIGNS

Know the Signs.  
Find the Words.  
Reach Out.

Pain isn't always obvious, but most suicidal people show signs that they are thinking about suicide. If you see one warning sign, step in or speak up. Take the time to learn what to do now, so you're ready to be there for a friend or loved one when it matters most.

## Preliminary Signs

*An individual may be suicidal if he or she:*

- Experiences anxiety and/or stress
- Reports that he/she feels depressed
- Talks about wanting to die or suicide
- Increases drug or alcohol use
- Gives away possessions
- Puts affairs in order
- Withdraws from family, friends, and activities once enjoyed
- Engages in reckless behavior
- Secures a firearm or other lethal methods

## Critical Signs

*If any of these signs are present, CALL 9-1-1*

- Person is in the act of self-harm or suicide
- Person has a weapon or lethal means
- Threatening self-harm or suicide
- Talking about suicide and acting anxious
- Seeking method of self-harm or suicide

# {SUICIDE}

IS 100% PREVENTABLE

If you see someone that needs help, reach out. Ask how they are doing. Be open. Be honest. Seek help for them. And follow up.

## Find the Words

*Let the person know you are concerned about them. You could say:*

- "I am worried about you."
- "It seems like something is bothering you."
- "You don't seem like yourself lately. How can I help?"

*Be direct and ask questions; even the ones you may be afraid to ask such as:*

- "Are you depressed?"
- "Are you feeling that there is no way out?"
- "Are you thinking about ending your life?"

## What Not to Say

- "You're not thinking about suicide are you?"
- "You're not thinking about doing something stupid, are you?"
- Don't ask in a way that indicates you want 'No' for an answer.

## Get Help

- "I understand if it feels awkward to go see a counselor, but there is a phone number we can call to talk to somebody. Maybe they can help?"

# UNDERSTANDING SUICIDE



## Q: What is a suicide plan?

**A:** The biggest aspect of a suicide plan is they have the intention. If a student knows when and how they would do it, they are at a higher risk for suicide.

## Q: Are there signs to watch for among students wrestling with suicidal thoughts?

**A:** A big one is if they start giving away their possessions. If they say, 'Here's my iPad, I want you to have it', it should alert you to get help immediately.

It's a common myth that people who are suicidal don't talk about it. That's false. People who plan on committing



suicide don't exactly want to, but they simply don't see a way out so they drop signs, hoping that someone will come to their "rescue".

## Q: What are the triggers that might lead a student to consider suicide?

**A:** Transitioning into college can be tough for some students. For the first time, they're on their own to deal with their finances, college workload, and maybe even relationship struggles. These little things can add to the general stress of college, and some students may not be able to handle it.



**Preventing Suicide on College Campuses**