

## Suicide

Many people have thoughts of suicide at some point in their life. For many it is a passing thought, but for some these thoughts persist and can cause great distress. Suicidal thoughts are often a symptom of depression which is a very treatable mental health issue. These thoughts can worsen with a stressful situation or under the influence of drugs and alcohol. Whatever the cause, a person having suicidal thoughts must seek professional help.

### **If you are experiencing suicidal thoughts seek help immediately.**

- During the day (8-4:30) you can call (262-524-7335) or walk over to the Walter Young Center on campus (117 Wright St.—next to the Campus Center parking lot). Tell the receptionist that your matter is urgent and you need to see a counselor.
- After business hours you can call Public Safety at 262-524-7300.
- If you are living in a residence hall you can talk with you R.A. or Area Director.
- If you feel that you will harm yourself you need to go to the emergency room at Waukesha Memorial Hospital (262-928-4036). You can contact any of the above for help to get there.
- You can call the National Suicide Hotline at 1-800-272-8255.
- Suicidal thinking can be treated, but you must seek help from a professional.

### **If someone indicates to you that they are suicidal:**

- Be direct and ask if she/he is having thoughts of killing her/himself. It is a myth that asking someone about suicide will give them the idea to harm themselves.
- Help them get help—call the Walter Young Center, talk with the R.A., call Public Safety.

If you are concerned about someone and unsure what to do, seek help—from the Walter Young Center, residence hall staff or Public Safety.

Counseling helps. Call for an appointment; the counselors at the Walter Young Center are here to help you. You do not have to be alone. 262-524-7335.

Helpful websites:

[www.sprc.org/featured\\_resources/customized/college\\_student.asp](http://www.sprc.org/featured_resources/customized/college_student.asp)

[www.stopasuicide.org/](http://www.stopasuicide.org/)

