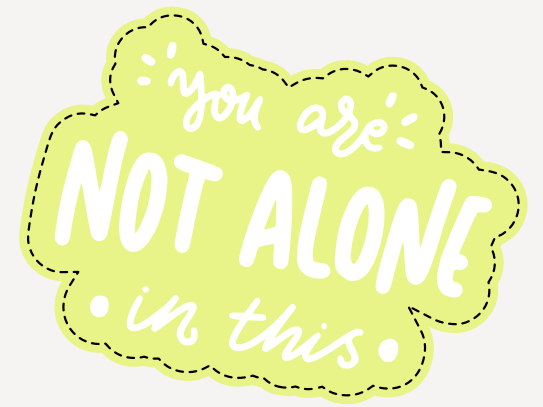




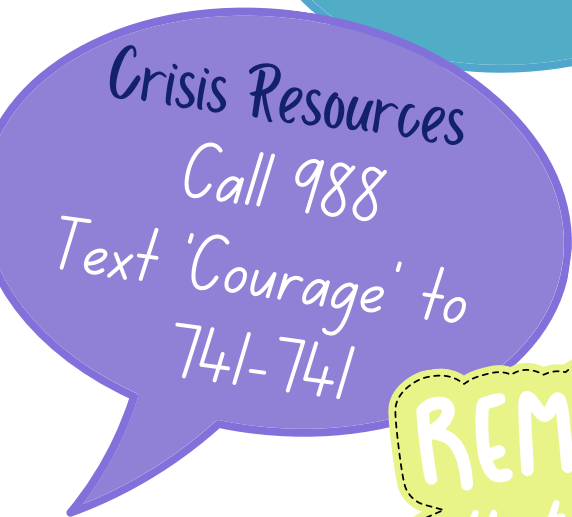
September is

# Suicide Prevention

Awareness Month



Suicide is the *2nd leading* cause of death among people aged 10-34.



## What Suicidal Thoughts May Feel Like

- Can range from passing thoughts about death to specific plans for suicide
- Feeling disconnected from others or withdrawing from friends and family
- Feeling trapped in an intolerable situation
- Feeling like a burden to others or telling others they would be better off without you
- Thinking, talking, or posting online about death or violence

## How to Help a Friend You Are Worried About

- ♥ Be supportive, not judgemental
- ♥ Asking is not prying
- ♥ Take them seriously
- ♥ Encourage them to seek help
- ♥ Do not promise to keep it a secret
- ♥ Help them get connected
- ♥ Check-in with yourself

## STUDENT HEALTH & WELLNESS CENTER

available to currently enrolled students!

### FREE | Walk-Ins & Appts. Welcome

- Mental Health Support
- Pregnancy Testing
- Strep & Flu Testing
- Over the Counter Medications
- Immunizations\*
- Condoms
- First Aid
- Illness/Injury Assessments
- Free Narcan
- Free Fentanyl Test Strips



For more information and to make an appointment, scan here!



\*Low Cost