

Suicide Prevention

- Your story
, isn't over yet.



*Reach out
Speak Up*

Project Help Scholars

Graduate School Stressors

A person with long blonde hair is sitting at a desk, looking down at a laptop. They have their hand on their head, suggesting stress or frustration. The desk also has a spiral notebook and a pair of glasses on a green heart-shaped object. The background is a blurred office or study environment.

- Financial Stress
- Job Outlook Stress
- Academic Stress
- Family Stress
- Everything Else Stress

Triggers

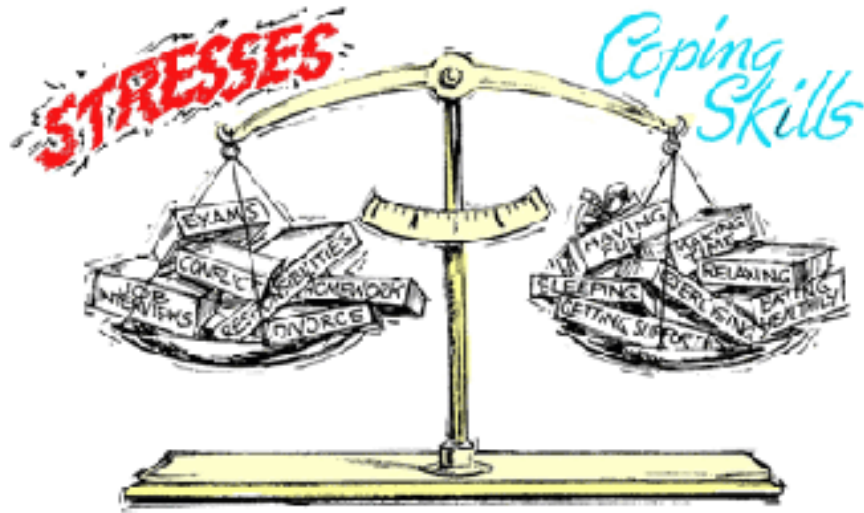
- Suicidal thoughts and behaviors start when vulnerable individuals encounter stressful events.
- They become overwhelmed by the situation and decide, based on their faulty way of thinking, that suicide is the only reasonable way to stop the pain they are experiencing.
- Determining what makes events stressful is difficult because everyone copes in different ways and has different perspectives. What may seem pretty meaningless to one person, may seem devastating or unbearable to another.



Triggers

- Both negative and positive events can be sources of significant stress. Examples of events that cause positive stress include:
 - • marriage
 - • moving (when it is a desired move)
 - • having a child
 - • changing jobs (when that is desired).
- Examples of negatively stressful events include:
 - • losses related to health, significant relationships and jobs
 - debts
 - • peer pressure to be thin and beautiful,
 - • similar difficult or challenging situations.

Coping Strategies



- Connect to other people
- Look after your well-being
- Learn to manage difficult feelings
- Value yourself
- Challenge your thoughts
- Distract yourself

Suicide Statistics

- Suicide is the **2nd** leading cause of death among **college students**.
- On average, there are **132 suicides per day**.
- The rate of suicide is highest in **middle-aged white men**.
- In 2018, **firearms accounted for 50.57% of all suicide deaths**.





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What are the Stats?

- Suicide was the tenth leading cause of death overall in the United States, claiming the lives of over 48,000 people.
- Suicide was the second leading cause of death among individuals between the ages of 10 and 34, and the fourth leading cause of death among individuals between the ages of 35 and 54.
- There were more than two and a half times as many suicides (48,344) in the United States as there were homicides (18,830).

Five Motivational Quotes



- 1. **“Soak up the views. Take in the bad weather and the good weather. You are not the storm.” - Matt Haig**
- 2. **Suicide doesn't end the chances of life getting worse, it eliminates the possibility of it ever getting any better. – Unknown**
- 3. **“Never, never, never give up.”**
 - **-Winston Churchill**
- 4. **“Place your hand over your heart, can you feel it? That is called purpose. You're alive for a reason so don't ever give up.” – Unknown**
- 5. **“When you feel like giving up, just remember the reason why you held on for so long.” – Unknown**

Don't Be Afraid to Ask for Help

- 1-800-273-TALK- National Suicide Prevention Lifeline
- 1-877-Vet2Vet -Veterans Peer Support Line
- 1-800-SUICIDA- Spanish Speaking Suicide Hotline
- 1-877-YOUTHLINE -Teen to Teen Peer Counseling Hotline
- 1-800-GRADHLP -Grad Student Hotline
- 1-800-PPD-MOMS -Post partum depression hotline

Don't Be Afraid to Ask for Help

- **Contact the Crisis Line**
- **Address: 4419 Broadmeadow St, Jackson, MS 39206**
- **(601) 713-4357**
- <http://www.contactthecrisisline.org/>
- **NAMI**
- **2618 Southerland Dr, Jackson, MS 39216**
- [\(601\) 899-9058](tel:6018999058)
- **Hours: Mon-Fri 9:00am-3:00pm and Closed Sat and Sun**
- <https://namims.org/>

Mississippi Department of Mental Health

- ▶ **Address: 239 N Lamar St, Jackson, MS 39201**
- ▶ **(601) 359-1288**
- ▶ <http://www.dmh.ms.gov/>

Center For Violence Prevention

- ▶ **(601) 932-4198**
- ▶ **Appointments: msc4vp.org**
- ▶ **Hours: **Open 24 hours****
- ▶ <https://www.msc4vp.org/>



References

- <https://thehavenatcollege.com/5-causes-of-stress-in-college-students/>
- National Center for Health Statistics, & Centers for Disease Control and Prevention. (2013)