



## Suicide Prevention

### Take Threats of Suicide Seriously

**Suicide was recently ranked as the second leading cause of death for college students.**

Any talk of suicide by a friend or loved one should be taken seriously and help should be sought immediately.

Suicide is often linked to untreated depression and both have many common *warning signs* including:

- Sadness or anxiety
- Feelings of guilt, helplessness or hopelessness
- Trouble eating or sleeping
- Withdrawing from friends and/or social activities
- Loss of interest in hobbies, work, school, etc.
- Increased use of alcohol or drugs
- Anger



### **Specific signs of potential suicide include:**

- Talking openly about committing suicide
- Talking indirectly about "wanting out" or "ending it all"
- Taking unnecessary or life-threatening risks
- Giving away personal possessions.

### **Resources and Emergency Services:**

Sarah Pemberton, Student Affairs Case Manager 951-827-9534,  
sarah.pemberton@ucr.edu

UC Riverside Counseling Center Veitch Student Center

Hours Monday – Friday, 8 AM - 5 PM

Counselors Available By Phone 24 Hours Daily (951) UCR -TALK

(951) 827-55312 -TALK on campus phones

For more information about UC Riverside's Counseling Center, visit their site at

<http://counseling.ucr.edu/Resources/Local+Resources.htm>

### **Off-Campus Resources**

Suicide Prevention National Hotline 1-800-273-TALK

Riverside Helpline 951-696-4357

Emergency Services 911

University Police Department 951-827-5222

Information found at <http://well.ucr.edu/crisissupport/Pages/crisis.aspx>