

## WELL-BEING >>>

*Staying healthy in body, brain, and spirit is a life-long journey. Learn strategies to improve your own well-being with steps to security, health, and prosperity.*

### Mental Health Resources

[CAPS](#)

[PUSH](#)

[988 Crisis Lifeline](#)

[After Hours Crisis Information](#)



**Purdue Student Health Center**  
**601 Stadium Mall Drive**  
**West Lafayette, IN 47907**  
**765-494-1700**  
**[www.purdue.edu/push](http://www.purdue.edu/push)**

#### References:

<https://988lifeline.org/help-someone-else/>  
<https://www.cdc.gov/suicide/index.html>  
<https://www.purdue.edu/advocacy/parents/mentalhealth.html>



## September is Suicide Prevention Awareness Month

**Suicide** is a serious public health problem that can have lasting harmful effects on individuals, families, and communities. In 2021, an estimated 12.3 million adults seriously thought about **suicide**, 3.5 million made a plan, and 1.7 million attempted **suicide**. **Suicide** is a leading cause of death in the United States. It was responsible for over 48,000 deaths in 2021.

Many factors can increase the risk for **suicide** or protect against it. **Suicide** is connected to other forms of injury and violence. For example, people who have experienced violence, including child abuse, bullying, or sexual violence have a higher **suicide** risk. Being connected to family and community support and having easy access to healthcare can decrease **suicidal** thoughts and behaviors. The goal of **suicide** prevention is to reduce factors that increase risk and increase factors that promote resilience.

If someone is at risk for **suicide**, you can watch for warning signs, including:

- Talking about being a burden
- Being isolated
- Increased anxiety
- Talking about feeling trapped or in unbearable pain
- Increased substance use
- Looking for a way to access lethal means
- Increased anger or rage
- Extreme mood swings
- Expressing hopelessness
- Sleeping too little or too much
- Talking or posting about wanting to die
- Making plans for **suicide**

People having a crisis sometimes perceive their dilemma as inescapable and feel an utter loss of control. These are some of the feelings and thoughts people experience in crisis. If you or a friend are feeling this way, seek help immediately.

- Can't stop the pain
- Can't think clearly
- Can't make decisions
- Can't see any way out
- Can't sleep, eat or work
- Can't get out of depression
- Can't make the sadness go away
- Can't see a future without pain
- Can't see themselves as worthwhile
- Can't get someone's attention
- Can't seem to get control

