September is Suicide Prevention Awareness Month!

- Approximately 42,000 Americans die by suicide each year
- Suicide is the tenth leading cause of death for Americans.
- An estimated 25 suicide attempts are made per every suicide.
- There are more than 1,000 suicides on college campuses per year.
- Suicide is the second leading cause of death for 15 to 34 year olds.
- One in 12 college students has made a plan for suicide.

How can I help?

- Talk! If you are concerned about someone, talk to them and listen to what they have to say. Ask them directly if they are considering suicide.
- Care! Let this person know you care about them and want to help and support them.
- Get Help! Do not handle suicide on your own. Get help from a mental health professional, police officer, or anyone else who is trained in handling crises.

How can I tell if someone is struggling?

- Changes in sleep or appetite
- Increased irritability
- Decreased interest in activities
- Withdrawal from friends/family
- Feelings of low self-esteem
- Substance use
- Giving personal items away
- Self-harming behaviors
- Drop in academic performance
- Recent trauma and/or stress

BGSU Counseling Center

- Individual, group and couples counseling
- Workshops and events on campus
- Crisis Intervention
- Start services by coming to our Walk-In Hours:
  Mon - Fri: 1:30pm - 4:00pm

Where: 104 College Park
Phone: 419-372-2081
Hours: Mon - Fri 8:00 - 5:00