

September is Suicide Prevention Month

Did you know that in 2021, suicide was the leading cause of death for youth and young adults ages 15-24? Take a moment to learn about the warning signs of suicide and available resources.

Warning Signs of Suicide

Not everyone shows the same signs that they are thinking about suicide, but these behaviors and feelings are cause for concern:

Talks About:

- Wanting to die
- Great guilt or shame
- Being a burden to others

Feeling:

- Empty, hopeless, trapped, or having no reason to live
- Extremely sad, more anxious, agitated, or full of rage
- Unbearable emotional or physical pain

Changing Behavior:

- Making a plan or researching ways to die
- Withdrawing from friends, saying goodbye, giving away important items, or making a will
- Taking dangerous risks such as driving extremely fast
- Displaying extreme mood swings
- Eating or sleeping more or less
- Using drugs or alcohol more often

Protective Factors Against Suicide

Protective factors are parts of our lives that reduce the risk of suicide. Factors include:

- Support from partners, friends, and family
- Strong sense of cultural identity
- Feeling connected to school, community, and other social institutions
- Availability of consistent and high quality physical and behavioral healthcare


24/7 Crisis Support

If you or someone you know is experiencing a crisis, these resources can offer assistance:

- **Crisis Connections:** Free 24-hour crisis support via phone. Call 988.
- **Crisis Text Line:** Free 24-hour crisis support via text message. Text “HEAL” to 741741.

Bellevue College Resources

- Bellevue College’s Counseling Center offers free and confidential mental health services to students. Visit our website to learn more, access resources, or to schedule an appointment.
- Drop-in crisis counseling services are available Mon-Fri from 9 am to 4 pm in U201 for students who identify as being in imminent harm to themselves or others or are in high emotional distress.



Adapted from National Institute of Mental Health (2022). *Warning Signs of Suicide*. National Institute of Mental Health (NIH). <https://www.apa.org/topics/suicide/signs>
Adapted from Centers for Disease Control and Prevention (April, 2024). *Risk and Protective Factors for Suicide*. CDC. <https://www.cdc.gov/suicide/risk-factors/index.html>
Data from the National Institute of Mental Health (February, 2024). *Suicide*. National Institute of Mental Health (NIH). <https://www.nimh.nih.gov/health/statistics/suicide>