

Suicide Warning Signs and What to Do

Suicide Warning Signs - Be concerned if someone you know:

- **Statements of dying, death or suicide**
- **Expresses being a burden to others**
- Unusual behavior for the individual
- Increased alcohol or drug use
- Severe personal losses
- Dramatic changes in academic performance
- **Previous suicide attempts**
- Giving away prized possessions
- Dramatic mood changes
- Acting recklessly/engaging in risky behaviors
- Loss of interest
- **Feeling hopeless** or trapped in the current situation
- Loneliness, alienation
- Withdrawing from family and friends
- Unusual increase in energy or mood

<https://www.apa.org/topics/suicide/signs>

What to Do If You Suspect Someone May Be Suicidal:

Be Willing to Listen

- Tell the student you are concerned for them and give them examples of your concern.
- Ask whether they are considering suicide.
 - “Are you thinking of killing yourself?” or “Are you thinking of suicide?”
 - If the answer is “Yes,” ask, “Do you have a plan?”
 - If the answer is “Yes,” ask about timing, location, lethality, and means.
 - If the intention to complete the plan appears imminent, call 911 and then Public Safety, 425.466.9365.
 - Complete a CARE Team referral form: <https://www.bellevuecollege.edu/reportconcerns/>
- Do not attempt to argue the student out of suicide. Rather, let the student know you care, that they are not alone, that suicidal feelings are temporary and that depression can be treated. Avoid the temptation to only say, "You have so much to live for" or "Everything will be okay."
- Do not leave the student alone.
- Remove any firearms, drugs or sharp objects that could be used for suicide.
- If there is no imminent risk, refer to the Bellevue College Counseling Center (U 201), 425.564.5747, <https://www.bellevuecollege.edu/counseling/>
 - Drop-in (same-day) appointment are available Monday – Friday from 9 AM to 4 PM.

Adapted from the American Psychological Association and the American Foundation for Suicide Prevention

Resources

- National Crisis Line: 988
 - This government hotline connects individuals in suicidal crisis to their nearest suicide prevention and mental health service provider.