

FACTS ABOUT

College

Information for College Students and Family



Heading off to college can be an awesome experience. Freedom, new friends, a new environment and beginning a career can make you dizzy with prospects!

At the same time, college life brings many challenges: You may miss family and old friends, feel isolated and unknown. You may face the stress of managing time, making grades, or worry about not having true friends. Added things like the freedom to party, drink or experiment with drugs and sex can turn your world upside down.

Whether it's you – or someone in your dorm, class, or a friend's friend, it's very appropriate to ***ask questions, listen, persuade and refer*** if you see any signs of depression or hear thoughts of suicide.

If you or a friend has been feeling stressed, anxious, sad, hopeless, irritable or unfocused - ASK FOR HELP! Help may be as close as the college student health center. In an emergency, call 9-1-1. Help may also be a fellow student, a professor, advisor or residence hall leader. They're available to talk to you or your friend confidentially.

If you can't find someone to talk to on your campus, call 1-800-273-TALK (8255) to get help or ask questions. The toll-free number connects you with the National Suicide Prevention Lifeline 24 hours a day.

Warning Signs

- Not going to classes
- Throwing away possessions
- Mood changes
- Risky behavior
- Change in eating or sleeping patterns
- Direct communication such as "I won't be here much longer."

In a rut? Get "unstuck"

- Join a club.
- Take up a sport.
- Visit a church.
- Get active - skateboard, hike, bike, fish, ski, go to a concert, rollerblade, frisbee golf, bowling, etc.
- Listen. Be patient, not judgmental.
- Talk with friends, professors, parents and siblings.
- Change your environment.
- Change your hair.
- Change your music.
- Change your habits.
- Volunteer.



SUICIDE PREVENTION
FOUNDATION

Sources of Help

Western Colorado Suicide Prevention Foundation

<http://www.suicidepreventionfoundation.org>
(970) 683-6626

Half of Us / ULifeline - a website for college students

<http://www.halfofus.com>

National Suicide Prevention Lifeline

1-800-273-8255
www.suicidepreventionlifeline.org