If a person has attempted suicide, the faculty, staff or student should stay with the individual and:

- Call 911 for immediate assistance.
- Stay with the person until help arrives.
- Contact Campus Security at 440 449 4204. The following people will be notified:
  - Deanne Hurley, Vice President of Student Affairs, 440 646 8320
  - Gerri Jenkins, Director of Counseling and Career Services, 440 646 8322
  - Anita Forsberg Culbertson, Psy.D., Ursuline College Psychologist, 440 646 8323
  - Maureen Klein, LPC, Ursuline College Counselor, 440 646 8379
- The Vice President of Student Affairs or Director of Counseling and Career Services will contact a family member.

- If a person is talking about suicide, the faculty, staff or student should:
  - Stay with that individual.
  - Contact Campus Security at 440 449 4204.
  - Security will notify the individuals listed above.

- If the above persons are not available call either of these 24-hour services:
  - Mobile Crisis at 216 623 6888 for counseling
  - First Call for Help at 216 436 2000
  - National Suicide Prevention Lifeline at 800 273 8255 – available 24/7

- If the person lives in the residence halls, contact:
  - Amy Lechko, Director of Residence Life, 440 646 8336
  - Gina DeMart Krause, Assistant Director, 440 646 8334

Myths about suicide:

- Myth: Anyone who tries to kill himself/herself must be crazy.
  Fact: Most suicidal people are not psychotic or insane. They may be upset, grief-stricken, depressed or despairing.

- Myth: People who talk about suicide don’t commit suicide.
  Fact: Eight out of 10 people who have killed themselves have verbalized their intent beforehand.

- Myth: Talking about suicide may give someone the idea.
  Fact: You don't give a suicidal person morbid ideas by talking about suicide. The opposite is true, bringing up the subject of suicide and discussing it openly is one of the most helpful things you can do.

- Myth: If a person is determined to kill him/herself, nothing is going to stop him/her.
  Fact: Most suicidal people do not want to die; they want the pain to stop. The impulse to end it all, however overpowering, does not last forever.

- Myth: When a person who is feeling suicidal begins to feel better, the danger is over.
  Fact: Most suicides occur within 90 days following improvement in the person’s mental/emotional status.

- Myth: People who attempt suicide are merely looking for attention.
  Fact: People who threaten or attempt suicide are really reaching out for help. Calling this manipulative in no way diminishes the potential lethality of their actions.

- Myth: Only certain types of people commit suicide.
  Fact: All types of people commit suicide: male, female, young and old, rich and poor, rural and urban people and all racial, ethnic and religious groups.
Suicide is a permanent solution to temporary problems. For people contemplating or attempting suicide, life’s problems can be extremely painful and may appear as though they will last forever. With rare exceptions, a person who is feeling suicidal is usually ambivalent about dying.

Often, if the pain can be reduced even slightly, the person’s desire to live will increase and she/he can proceed to have a rich and rewarding life. Generally speaking, the more warning signs present, the greater the risk of suicidal behavior.

**warning signs**

**Depression**
- Feelings of hopelessness, helplessness and/or worthlessness
- Changes in sleep or eating patterns
- Problems in concentrating
- Neglect of personal appearance
- Withdrawal from friends and social involvement
- Appearing sad most of the time
- Decreased interest/pleasure in previously enjoyable activities
- Themes of death in artwork, poetry and/or conversation

**Behavior**
- Sudden drop in school performance
- Seeming to feel tired all the time, for no apparent reason
- Unprovoked episodes of crying

**Behavior continued**
- An increase in the use of alcohol or other drugs
- Giving away special possessions
- Chronic pain, anxiety or panic
- Difficulty in adjusting to gender identity
- Perfectionism

**Significant loss: real or perceived**
- Loss of a parent, relative, friend or other significant relationship
- Loss of self-esteem
- Loss of job
- Loss of physical health
- Perceived rejection

**Verbal clues: some verbal signs are direct, others are vague or coded**
- Stating that she or he has a plan to kill her/himself
- Talking or writing about suicide or death
- Expressing feelings that life is meaningless
- Saying things like:
  - “I wish I were dead.”
  - “I’m going to end it all.”
  - “You will be better off without me.”
  - “Soon you won’t have to worry about me.”
  - “Who cares if I’m dead, anyway?”