Preventing Suicide

INFORMATION FOR STUDENT-ATHLETES, COACHES AND ATHLETICS PERSONNEL

Suicide ranks second among causes of death for people ages 10-24. Reducing the misunderstanding and stigma that stop people from speaking up and seeking help can lower the incidence of suicide.



Warning signs: any of these behaviors may signal a greater risk of suicide:

- Talking, writing or thinking about death.
- Acting impulsively, aggressively or recklessly.
- Using more alcohol and drugs.
- Withdrawing from friends, family and community.
- Marked shifts in mood.

Signs of immediate danger: any of the behaviors below call for immediate intervention:

- Arranging affairs and giving away belongings.
- Saying farewell to friends and family.
- Moving from despair to a calm mood.
- An unexplained interest in acquiring firearms or controlled substances.
- Speaking about death.
- Engaging in self-harm.

Steps student-athletes can take:

- Dial 988 for the 988 Suicide & Crisis Lifeline.
- Talk to a trusted friend, coach or athletics administrator.

Steps athletics department staff can take:

- Use your athletics department's mental health emergency action and management plan.
- For guidance on responding after a suicide, read *A Guide for Response to Suicide on College Campuses* at **hemha.org/postvention_guide.pdf.**



ENCOURAGE STIGMA-FREE LANGUAGE

"Suicide attempt/ attempted suicide."
AVOID: "Failed suicide" or "unsuccessful attempt"

"Died by suicide/ suicide death."
AVOID: "Successful" or "completed suicide"

"Took their own life."
AVOID: "Committed suicide"

"Died as a result of self-inflicted injury."
AVOID: Chose to kill him/ herself

"Disclosed."
AVOID: Threatened

SOURCES: NAMI and 988lifeline.org

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