

Suicide Prevention

Mental health and substance use disorders are the most significant risk factors for suicidal behaviors, as well as environmental factors such as stressful life events and access to lethal means. Knowing the warning signs and where to seek help quickly can literally mean the difference between tragedy and survival.

Recognize the Warning Signs

- Talking about wanting to die
- Talking about feeling hopeless or having no purpose
- Talking about feeling trapped or in unbearable pain
- Increasing the use of alcohol or other drugs
- Acting anxious, agitated or reckless
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Displaying extreme mood swings
- Looking for ways to kill oneself

*NOTE: Warning signs can present differently per individual; these are indications someone **may** be suicidal.*

Males have a
suicide rate
3.63
times higher
compared with
females.

One in ten
college students has made a plan for suicide



45%

Suicides have increased 45%
in the last 10 years among
Ohioans.

There are more than

1000

suicides on college campuses per year.

2019: Suicide was the 10th leading cause of death in the United States and 2nd leading cause of death for people ages 10-34.



THE OHIO STATE UNIVERSITY
COLLEGE OF NURSING

Counseling Services

Shelby Woith, MA, LPCC

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614-292-6952

nursing.osu.edu/counseling

Understanding Protective Factors

Protective factors are things that contribute to mental health and allow a person to be resilient in the face of challenges. They provide a buffer from suicidal thoughts and behaviors.

- Family and community support (connectedness)
- Support from ongoing medical and mental health care relationships
- Skills in problem solving, conflict resolution and nonviolent ways of handling disputes
- Sense of purpose (meaningful involvement in work, education or other roles)
- Healthy coping skills (one's ability to manage uncomfortable emotions in a healthy way)
- Healthy thinking, avoids ruminating in mistakes, understands one's strengths and weaknesses rationally.
- Self-esteem (the belief one's self has value, accepting personal flaws, belief in self)

Resources

Counseling and Consultation Services

Main office: 4th floor of the Younkin Success Center, 1640 Neil Avenue
(614) 292-5766

Website: ccs.osu.edu

Ohio State Campus Suicide Prevention Program

PAES Building, 4th Floor
305 W. 17th Avenue

Website: suicideprevention.osu.edu

REACH is a gatekeeper training program designed to help the Ohio State community prevent suicide by teaching beneficial skills to faculty, staff and students.

suicideprevention.osu.edu/reach

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Text "Help" to 741-741

suicidepreventionlifeline.org



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