# The Catholic University of America – Suicidality

## Suicide on University and College Campuses:

Suicide is the second leading cause of death among college students, but it is preventable. There is no single cause of suicide, but suicide occurs most often when an individual’s stressors exceed their coping abilities (American Foundation for Suicide Prevention)

## Coping with Suicidal Thoughts:

* Seek professional help
* Ask a doctor if current medication is right for you
* Call a suicide hotline
* Avoid alcohol and drugs
* Make your environment safe
* Seek social support
* Go through your “reasons for living”
* Speak with someone you trust
* Distract yourself
* Remind yourself of positive past experiences

## Additional Resources:

* In an emergency, call 911
* National Suicide Prevention Lifeline: 1-800-273-8255

Provides 24/7 free and confidential support for those in distress and prevention and crisis resources

* Crisis Hotline: 202-561-7000
* Suicide Hotline: 1-800-SUICIDE (1-800-784-2433)
* During the academic year, emergency services are available on a walk-in basis from 10am-4pm
* During after-hours, students living on- or off-campus can access a Counselor-on-Call through Public Safety (202-319-5111) or their Community Director