

# Suicide

Suicide is the second-leading cause of death among people age 10-24. By eliminating the misunderstanding and stigma that prevent individuals from speaking up and getting support, the incidence of suicide can be reduced.



## Warning signs – any of the behaviors below indicate an increased risk of suicide:

- Talking, writing or thinking about death.
- Impulsive, aggressive or reckless behavior.
- Increased alcohol and drug use.
- Social withdrawal from friends, family and the community.
- Dramatic mood swings.



## Signs of imminent danger – any of the behaviors below should prompt immediate interventions:

- Putting affairs in order and giving away possessions.
- Saying goodbye to friends and family.
- Mood shifts from despair to calm.
- Unexplained interest in obtaining firearms or controlled substances.
- Talking about death.
- Self-harming behaviors.



## What student-athletes can do:

- Call the National Suicide Prevention Lifeline at 800-273-8255.
- Reach out to a trusted friend, coach or athletics administrator.



## What athletics department staff can do:

- Follow your athletics department’s mental health emergency action and management plan.
- Learn more about postvention guidance by reading *A Guide to Response on College Campuses at [hemha.org/postvention\\_guide.pdf](http://hemha.org/postvention_guide.pdf)*

Content courtesy of NAMI.

## Say this ...

**Promote the use of 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

