Campus Crisis - On Call Service (for students and dependents):
Security: (808) 675-3911
Campus Counseling Center
MCKAY 181 (ACROSS THE CAF)
(808) 675-3518

Local and National Resources

Hawaii Mental Health Crisis Line:
On O‘ahu (available 24/7):
(808) 832-3100

National Suicide Prevention Lifeline:
1-800-273-TALK (8255)
1-888-628-9454 Spanish
1-800-799-4TTY

Warning Signs of Suicide

- Seeking out lethal means
- Self-loathing
- No hope for the future
- Getting affairs in order (tying up loose ends, saying goodbye, giving away possessions)
- Withdrawal
- Preoccupation with death
- Talking about suicide
- Sudden sense of calm

Risk for Suicide

- Mental health concerns
- Medical Illness
- Difficulties with sexual orientation
- Divorce
- Death of a loved one
- Family history of depression
- Loss of family or social support

Suicide Prevention

Know the Warning Signs of Suicide

You Matter

Be a lifesaver
What to do immediately if you are feeling suicidal:
1. **Put off your plan**, and give yourself 2 days to think things over.
2. **Call someone right away** if you have suicidal thoughts (friends, family, hotline).
3. **Make your home safer**. Remove things you could use to harm yourself.
4. **Get emergency help** if the thoughts continue. Don’t be embarrassed or ashamed.

National Suicide Prevention Lifeline:
CALL: 1-800-273-TALK (8255)
Hours: 24hrs / 7 days a week
Languages: English and Spanish

STOP FRIENDS FROM HURTING THEMSELVES

The gift of words can deeply touch another persons heart & soul, maybe even save their life. Have you asked someone lately Is everything okay?

What to do if a roommate, friend, or family member is feeling suicidal:
1. **Speak up if you’re worried.**
   DON’T argue or judge, act shocked/disgusted, try to fix their problems, or blame yourself.
2. **Respond quickly in a crisis.**
   - **Ask** if they have a **Plan**; if they have the **Means** to carry it out; **When** they will do it.
   - Call 911 immediately if in danger.
3. **Offer help and support.** make a safety plan, continue support and love.

Level of Suicide Risk:
- **Low** - Some suicidal thoughts. No suicide plan. Says he or she won’t commit suicide.
- **Moderate** - Suicidal thoughts. Vague plan that isn’t very lethal. Says he or she won’t commit suicide.
- **High** - Suicidal thoughts. Specific plan that is highly lethal. Says he or she won’t commit suicide.
- **Severe** - Suicidal thoughts. Specific plan that is highly lethal. Says he or she will commit suicide.