

RESOURCES

If you or anyone you know is contemplating suicide, please seek help. The following QR code leads you to a list of hotlines and chatlines you can contact if you are in distress.



24/7 Alachua County Crisis Center:
352-264-6789

A MOMENT TO REMEMBER



Pictured above is Huixiang Chen, a former doctoral candidate at the University of Florida. On June 13, 2019 he took his own life. Please take a moment to remember him.

YOU
ARE NOT
ALONE

Every year over 1000 college students take their own life. Be part of the solution, and get trained in suicide prevention techniques right here on campus.

GET TRAINED IN SUICIDE PREVENTION

There are ways you can help right now. As a UF student, you can take two different trainings that teach you best practices for preventing suicide.

- Question, Persuade & Refer (QPR) Training: This in-person training aims to turn faculty, students and staff to be Gatekeepers that keep eyes and ears out for anyone that might be in distress.
- Kognito Online Training: If you can't make it to an in-person QPR training, try this online course that shows you how to notice when someone is in distress. UF students and faculty can take the course for free, and it's something easy you can do to help.

EVERYTHING YOU NEVER LET'S TALK ABOUT SUICIDE

If you're a college student, you know the highly competitive environment of a university can take a toll on your mental health. Trying to stay active, maintain healthy relationships, eat right and ace all of your classes is no easy feat. Students can often feel like they're drowning in responsibilities, putting them at a higher risk for depression and generalized anxiety. According to [save.org](https://www.save.org), suicide is the second leading cause of death among young adults, and more than half of college students admitted to one some point having suicidal thoughts.

KNOW THE SIGNS HOW TO HELP

You never know who's struggling, and at any point in time someone may confide in you that they're contemplating suicide. Here's what to do if you find yourself in that situation:

- Listen. Make them feel heard. Show them their words are valuable.
- Let them know you care. Do your best to be empathetic.
- Never promise to keep it a secret. This person needs help, and you probably can't help them on your own.
- Make sure they get the help they need. Get them to a professional if you can

ABOUT FUNDING

Colleges across the country are generally not spending enough on mental health resources for their students. UF's Counseling and Wellness Center (CWC) is an amazing resource for students in distress, but unfortunately it's underfunded. There is only one counselor per thousand students, resulting in excessive wait times. Some students have had to wait over a month to be seen by a mental health professional. Too much can happen in a month, and that's unacceptable. Please email your student government representative, and maybe we can get better funding for the CWC.

You don't need to be a psychiatrist to prevent suicide. There may be people in your life right now who are struggling, and you would never know. All you can do is educate yourself and take it seriously if you ever notice these signs

Talking about being a burden

Reckless behavior

Internet searches for suicide or weapons

Uncharacteristic use of drugs or alcohol



**Tomorrow
will bring
good things.
Stay alive to
see it**