

Suicide

The following podcast is provided by the UCF Office of Emergency Management, which strives to protect the wellbeing of UCF students, faculty, staff, and guests.

Suicide is the second leading cause of death among college students and it is also one of the most preventable causes of death, according to the UCF Counseling Center. So how do you know if a person is emotionally distressed, thinking about hurting themselves, or suicidal?

Some things to look for are: feelings of desperation, extreme loneliness, or hopelessness.

Warning signs that somebody may be suffering from depression may include:

- Extreme sadness
- Lack of motivation
- Sleep difficulties
- Changes in appetite
- Crying spells
- Social withdrawals from friends
- Irritability

The UCF Counseling Center is available to help students, faculty, and staff members. Counselors help people solve personal difficulties and acquire the skills, abilities, and knowledge necessary to succeed at UCF and in life. The center also provides a special program called QPR (Question, Persuade, Refer). The one hour program describes the signs of suicide and outlines three basic principles that can help you save a life.

Check out the UCF Counseling Center website at www.counseling.sdes.ucf.edu for workshop times and dates. If you or a friend needs help after hours be sure to call the Counseling Center at (407) 823-2811 and press # 5.