How You Can Help

- Speak up and take action when someone you know is thinking about suicide.
- Allow the person to express how they really feel.
- Don’t argue or judge.
- Offer empathy and let the person know you care.
- Never promise to keep secrets about suicide.
- If they have a plan, do not leave them alone. Get help.
- Offer to go with the person to seek help from parents, family members or other sources of support.

Who else can help?
Counseling & Psychological Services
Resident Advisors
Public Safety
Family or Friends
Religious or Spiritual Counselors

Available Resources
Fordham Counseling and Psychological Services (CPS)

Rose Hill
O’Hare Hall – North Wing
Phone: 718-817-3725

Lincoln Center
McMahon Hall - Room 211
Phone: 212-636-6225

Westchester
400 Westchester Avenue
West Harrison, NY 10604
Phone: 914-367-3733

Hours
Monday-Thursday 9am-7pm
Friday 9am-5pm

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
Suicidepreventionlifeline.org
African-American College Students: Risk Factors for Depression and Suicide

- Discrimination, racism and bias.
- Disagreements and tension within the family
- Isolation from spiritual community
- Previous thoughts of suicide or suicide attempts
- Access to firearms or other lethal means
- Feeling misunderstood
- Academic problems
- Conflicts with peers, roommates
- Relationships problems
- Experiencing a loss of partner, friend, or family member
- History of abuse or trauma

In general, African-American college students are less likely to use counseling services and may be concerned about:

- Stigma, prejudice or shame
- Others finding out that they sought counseling.
- Over-pathologizing by mental health professionals.

Warning Signs to Look For:

A person:
- Reports feeling depressed
- Talks about wanting to commit suicide
- Experiences anxiety or stress
- Preoccupied with death and dying
- Starts giving away possessions
- Experiences feelings of hopelessness and helplessness
- Withdraws from loved ones
- Writes a suicide note
- Says things like “I don’t deserve to be here,” “I wish I were dead,” or “I want to die”
- Increases use of alcohol and/or drugs
- Displays drastic changes in behavior
- Has easy access to lethal methods
- Has trouble sleeping or eating
- Has legal or financial trouble
- Experiences humiliation or failure
- Engages in risky behaviors: alcohol and other drug abuse, violence, unprotected sexual practices, driving under the influence.

What is Depression?

Depression has been defined as “a state of feeling ... marked especially by sadness, inactivity, difficulty in thinking and concentration, a significant increase or decrease in appetite and time spent sleeping, feelings of dejection and hopelessness, and sometimes suicidal tendencies.” (Merriam Webster Dictionary)

Depression affects people of all ages, races, genders, and sexual orientations.

People with depression cannot just “get over it” or “snap out of it” any more than people with a medical problem or disease (e.g. diabetes or cancer) can.

Depression can pass from one generation to the next, be triggered by stress or other life events, or result from a combination of factors.

Depression is treatable.