How You Can Help

- Speak up when someone mentions that they are 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 mention a plan, do not leave them alone.
- Encourage them to get help from any of the following resources:

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

Mondays-Thursdays 9am-7pm
Fridays 9am-5pm

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

There are several factors that can contribute to suicide risk among Asian American college students. These may include acculturative stress, marginalization, familial and intergenerational conflicts, and a sense of hopelessness.

Some Asian American college students feel ashamed about experiencing academic, emotional, or interpersonal problems and may be hesitant to seek mental health services.

### Additional Risk Factors
- Feelings of loneliness, guilt, or inadequacy
- Pressure to meet high performance standards
- Discrimination
- Traditional values in conflict with those of the dominant cultures
- Questioning one’s sexual orientation
- Previous thoughts of suicide or past suicide attempts
- Experiencing a recent loss of a partner, close friend, or family member
- A coping style in which problems are kept inside or not expressed

### Warning Signs to Look For

A person...
- reports feeling depressed
- talks about wanting to commit suicide
- experiences anxiety or stress
- is 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
- demonstrates drastic changes in behavior
- has easy access to firearms or other lethal means
- experiences trouble sleeping or eating
- has legal or financial difficulties
- has frequent experiences of humiliation or failure

### 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.

### Common Concerns among Asian American Students Experiencing Depression:

**Relationship problems:**
Problems with roommates, parents, friends, partners, and/or professors; feelings of social isolation or separation from family or spiritual community.

**Academic problems:**
Missing classes, not completing assignments, inattentiveness, failing exams/courses.

**Engaging in risky behaviors:**
Alcohol and other drug abuse, violence, unprotected sexual practices, driving under the influence.