How You Can Help

- Take suicide seriously.
- 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.
- Do not dare them to act on their thoughts or plans.
- If they have a plan, do not leave them alone.
- Offer to go with them to get help from the following resources:

  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
  718-817-3725

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

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

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

National Suicide Prevention Lifeline
  1-800-273-TALK (8255)
  Suicidepreventionlifeline.org

Suicide Prevention for International College Students

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International College Students: Depression and Suicide

Along with the stressors that many college students face, international students often experience additional pressures.

Experiences such as adjusting to a new culture, using a foreign language, adapting to different social interactions, and feeling misunderstood often contribute to a heightened sense of stress and feelings of depression.

Risk Factors for Suicide in the International Student Community

- Homesickness
- Culture shock
- Experiences of prejudice
- Experiences anxiety or stress
- Feeling misunderstood
- Academic problems
- Conflicts with peers
- Loss of a close friend, partner, or family member
- Hesitancy to seek help due to stigma or shame regarding mental health services

Warning Signs

The person:

- Reports feeling depressed
- Talks about wanting to commit suicide
- Says things like “I don’t deserve to be here,” “I wish I were dead,” or “I want to die”
- Writes a suicide note
- Preoccupied with death and dying
- Starts giving away possessions
- Experiences feelings of hopelessness and helplessness
- Withdraws from loved ones
- 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 difficulties
- Experiences 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 International Students who Experience 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 of drugs or alcohol.