

## How You Can Help

- Speak up and take action when someone discloses 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 it a secret or dare the person to act on their thoughts and plans.
- If they have a plan, do not leave the person alone.
- Offer to go with the person to get help. You can 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  
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

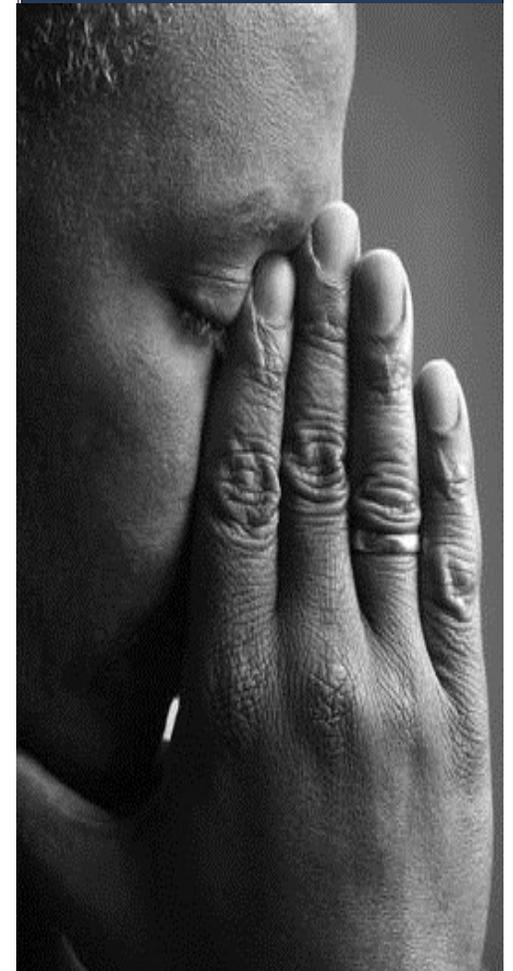
**National Suicide Prevention Lifeline**  
1-800-273-TALK (8255)  
[Suicidepreventionlifeline.org](http://Suicidepreventionlifeline.org)



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## Suicide Prevention for Latino/a College Students



## Latino/a College Students: Depression and Suicide

Recent statistics indicate that Latino college-aged individuals are at a higher risk for attempting suicide than individuals from other ethnic groups.

Research shows that Puerto Ricans, in particular, may have disproportionately high rates of suicide.

### Risk Factors for Suicide within the Latino/a Community:

- Disagreements within the family
- Isolation from one's spiritual community
- Difficulty with acculturation
- Discrimination
- Generational conflicts; stress caused by a clash between traditional family values and those of the mainstream culture
- Questioning one's sexuality or experiences in same-sex intimate relationships
- Previous thoughts of suicide or suicide attempts
- Access to firearms or other lethal means
- Previous thoughts of suicide
- Unwillingness to seek mental health services due to stigma or shame

## Warning Signs to Look Out 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
- displays drastic changes in behavior
- increases their access to lethal items
- 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 Symptoms Among Latino/a 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.