How You Can Help

- When someone you know is thinking about suicide, speak up and take action.
- Allow the person to express how they really feel.
- Do not argue or judge. Put yourself in their shoes. Let the person know that you care.
- Never promise to keep it a secret or dare them to act on their thoughts & plans.
- If they do have a plan, do not leave them alone. Call for help.
- Offer to go with them to get help.

Who can help?
The Counseling Center
Resident Advisors
Campus Security
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

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

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

Suicide prevention is 100% preventable.
Suicide is the third leading cause of death among college-aged students (18 to 21 years old). Lesbian, gay, bisexual and transgender (LGBT) college students are one of the groups at highest risk for suicide, as they are 2-3 times greater risk of attempting suicide than their heterosexual peers.

Some research shows that the rate of suicide attempts of transgender individuals aged 15-24 is very high. Research with the gay/bisexually identified male college-aged population showed that close to one quarter of those surveyed had attempted suicide at least once.

### 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

### 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 LGBT 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.

### Warning Signs

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,” “I am going to kill myself” or “I want to die”
- increases use of alcohol and/or drugs
- engages in reckless behaviors
- trouble sleeping or eating
- experiences a decline in health and/or physical ability
- is having academic problems