

## How You Can Help

- Pay attention when someone you know mentions that they have been thinking about suicide.
- Listen. 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 the person to act on their thoughts or plans. Instead, encourage them to get help from :

Counseling & Psychological Services  
Resident Advisors  
Public Safety  
Family or Friends  
Religious or Spiritual Leaders



### 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

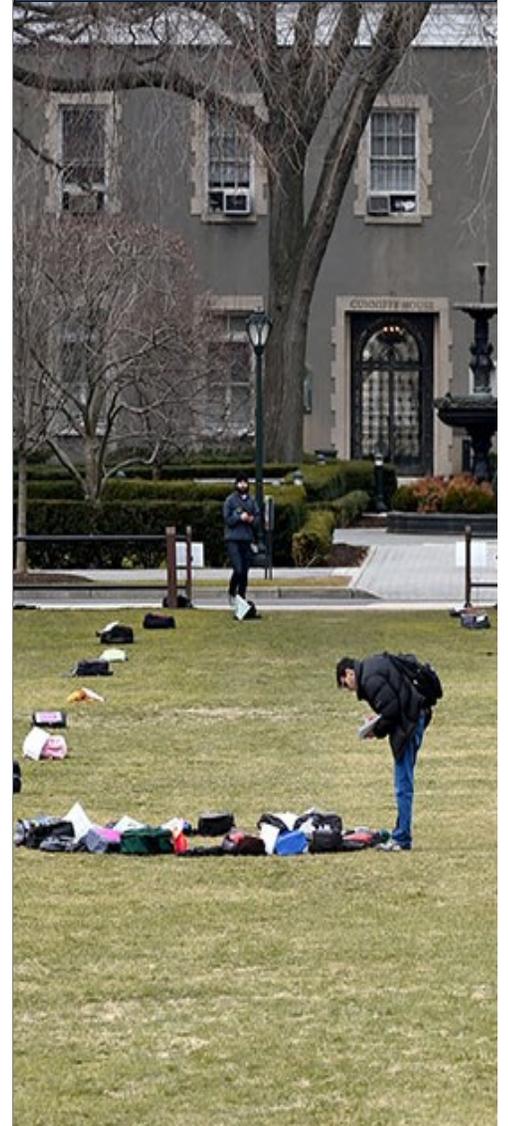
**National Suicide Prevention Lifeline**  
1-800-273-TALK (8255)  
[Suicidepreventionlifeline.org](http://Suicidepreventionlifeline.org)



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## Suicide Prevention for Muslim College Students



Hours  
Monday-Thursday 9am-7pm

## Depression and Suicide Among Muslim College Students

Historically, rates of suicide among Muslims individuals have been low. However, suicidal thoughts and suicide attempts may be relatively high among young women who are experiencing intergenerational conflict. In addition, Muslim students may withdraw from others when they feel depressed or suicidal due to social stigma.

### Potential Triggers for Muslim Students Include:

- Academic Problems
- Family problems
- Isolation from others
- Difficulty with acculturation, if relevant
- Discrimination or prejudice
- Generational conflicts; stress caused by clash between traditional family values and those of other cultures
- Unwillingness to seek mental health services due to stigma or shame
- Previous thoughts of suicide

## Potential Warning Signs

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
- 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 Muslim 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.