How You Can Help

- Speak up and take action when someone you know mentions 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 thoughts about suicide a secret or dare them to act on their thoughts or plans.
- If they mention having a plan, do not leave them alone. Offer to go with them to any of 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
Mondays-Thursdays 9am-7pm
Fridays 9am-5pm

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
Suicidepreventionlifeline.org
Factors Impacting Depression and Suicide among Students with Physical Disabilities

- An inability to integrate the disability into one’s identity
- Denial of the disability and persistent beliefs of achieving full health and/or ability
- The severity and visibility of one’s disability
- Whether or not the disability is acquired later in life
- Living without caretakers for the first time
- A history of abuse
- A family history of depression or suicide
- Experiencing a recent loss of a partner, close friend, peer, or family member
- Conflicts with friends, roommates, or peers
- Unwillingness to seek help due to stigma
- Previous suicidal thoughts or attempts
- Easy access to firearms/other lethal methods
- Impulsive or aggressive inclinations

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
- starts withdrawing 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 their use of alcohol and/or drugs
- engages in reckless behaviors
- has trouble sleeping or eating
- experiences a decline in health
- is having academic problems
- 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.

Some common concerns among college students with physical disabilities who experience depression may include:

Relationship problems: Problems with roommates, parents, friends, partners, and/or professors feelings of social isolation.

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.