Ask the question, save a life

Suicide is the second leading cause of death among college students. Many people who are suicidal want to live, but feel hopeless and unable to find another way to cope with their thoughts or feelings. The majority of college students who die by suicide are suffering from a mental health concern, most commonly depression. Identifying and treating mental health problems is especially important in suicide prevention.

As a member of the Bucknell community, you may help prevent the tragedy of a suicide. The most effective way to prevent suicide is to know the warning signs, take those signs seriously, and respond appropriately. People who are suicidal can be helped with the proper treatment. Common warning signs of suicide include:

- Direct verbal statements about suicide, such as “If (such and such) does/doesn’t happen, I’ll kill myself.”
- Indirect verbal statements expressing no reason for living or no sense of purpose in life, such as “Who cares if I’m dead anyway?”
- Behavioral signs, such as rage, uncontrolled anger, or seeking revenge; acting reckless or engaging in risky activities, seemingly without thinking; increased alcohol or drug use; withdrawing from friends, family and society; anxiety, agitation, unable to sleep or sleeping all the time; dramatic mood changes.

While these warning signs don’t necessarily mean that an individual is suicidal, they are reason to follow up. If you notice any of these signs, the most appropriate response is to ask directly about suicide. If the person is experiencing suicidal thoughts, then persuade them to seek help and refer to campus resources. You can remember this as QPR (Question, Persuade, Refer). QPR, much like CPR, is a basic strategy to keep a person alive until they can receive medical/mental health care:

1. **Question**...a person about suicide,
2. **Persuade**...the person to get help and,
3. **Refer**...the person to Psychological Services. You may also consult with Psychological Services and/or other available campus resources including the Dean of Students office, Bucknell Student Health, and/or Public Safety.

Please note, if you are concerned that someone is an imminent danger, call Public Safety (570) 577-1111 immediately.

Information adapted from the JED foundation (http://www.jedfoundation.org/learn-more/about-suicide-prevention)

**Seeking a Healthier Path**

If you or someone you know has a concern with eating, weight, exercise, or body image, the Healthy Paths Initiative provides coordinated care and support to help students achieve optimal physical and psychological health while pursuing their academic and personal goals at Bucknell. Comprised of a multidisciplinary team from Bucknell Student Health, Psychological Services and Athletics and Recreation, professional staff partner with students to determine the best course of action to address the whole person, an approach that maximizes a student’s ability to develop a more satisfying relationship with self and food.

For more information, please call Student Health or Psychological Services.

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**IMPORTANT PHONE NUMBERS**

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<tr>
<th>Service</th>
<th>Non-Emergency</th>
<th>24-Hour Services</th>
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<tr>
<td>Public Safety</td>
<td>570-577-3333</td>
<td>570-577-1111</td>
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<td>Dean on Call</td>
<td>570-577-1111</td>
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<td>Psychological Services</td>
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<td>570-577-1604</td>
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<td>Bucknell Student Health</td>
<td>570-577-1401</td>
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<td>Nutrition Counseling</td>
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<td>Residential Education</td>
<td>570-577-1638</td>
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<td>Title IX Coordinator</td>
<td>570-577-1554</td>
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<td>Transitions (SVWIT)</td>
<td>800-850-7948</td>
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<td>Hospital</td>
<td>570-522-2000</td>
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<td>Police/Ambulance</td>
<td>911</td>
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**Bucknell Advocates 570-850-6115**

If you have had an unwanted sexual experience or have questions about something that has happened to you or a friend, the Advocates are available 24 hours a day to:

- Listen and provide support
- Provide transportation and accompany to medical treatment
- Explain campus and local reporting and legal and judicial options
- Provide referrals to counseling and other sources of support
- Assist with academic needs
- Answer questions and share information

**You are not alone.**

www.bucknell.edu/SexualAssault

**Psychological Services**

- If you need mental health assistance or someone to talk to, call 570-577-1604 to make an appointment or walk in to the office between 3pm and 4pm, Monday-Friday.
- If you have a mental health emergency, dial 570-577-1604 or walk in to the office between 8:30am and 4:30pm, Monday-Friday and ask to speak with the Psychological Services counselor on-call. Please let the office assistant know that it is an emergency.
- All services provided by Psychological Services are free and confidential.