

College Student Suicide

Suicide is the second leading cause of death for college students.

And the number one cause of suicide for college student suicides (and all suicides) is untreated depression.

Going to college can be a difficult transition period in which students may feel lost, lonely, confused, anxious, inadequate, and stressed. And these problems may lead to depression. And again, untreated depression is the number one cause for suicide.

There are many reasons why individuals engage in suicidal behaviors. Some reasons attributed to the appearance or increase in suicidal behaviors in college students include:

- New and unfamiliar environment
- Difficulties adjusting to new demands and different work loads
- Lack of adequate social and coping skills
- Academic and social pressures
- Feelings of failure or decreased performance
- Sense of alienation and lack of social support
- Family history of mental illness

Studies indicate that college students who are suicidal are quiet, reserved, depressed, and socially isolated, and thus it is up to all of us to try to identify the [suicide warning signs](#) and get help for them.

- Hopelessness
- Rage, uncontrolled anger, seeking revenge
- Acting reckless or engaging in risky activities, seemingly without thinking
- Feeling trapped – like there's no way out
- Increased alcohol or drug use
- Withdrawing from friends, family and society
- Anxiety, agitation, unable to sleep or sleeping all the time
- Dramatic mood changes
- Expressing no reason for living; no sense of purpose in life

Additionally, a survey indicates that one in five college students believe that their depression level is higher than it should be, yet only 6% say that they would seek help.

Should you witness, hear, or see anyone exhibiting any one or more of the following, get help **IMMEDIATELY** by contacting a mental health professional, calling your college's emergency number, or calling 1-800-273-8255(TALK), the National Suicide Prevention Hotline, for a referral:

- Someone threatening to hurt or kill him/herself, or talking or wanting to hurt or kill him/herself
- Someone looking for ways to kill him/herself by seeking access to firearms, available pills, or other means
- Someone talking or writing about death, dying or suicide, when these actions are out of the ordinary for the person