

TIP OF THE MONTH

SUICIDE PREVENTION & AWARENESS

Compiled by Rodney Diehl, MSW, LCSW



September is National Suicide Prevention Awareness month, an important time to raise awareness of this stigmatized and sometimes prohibited topic.

54% of Americans are affected by suicide in some way. In Virginia, suicide is the tenth leading cause of death, and the second leading cause for those between the ages of 10 - 34.

Taking time to research, learn, and discuss suicide and the prevention of suicide can help in altering public perception, extending hope, and imparting essential information to others. Our goal is to ensure that individuals, friends, and families have access to the resources they need to discuss suicide prevention and to seek help.

SIGNS & SYMPTOMS

Signs and symptoms that might indicate a concern about suicide vary and may not always be easy to recognize. Here are some possible warning signs:

- Talking about wanting to die or having no reason to live
- Efforts to obtain a gun or lethal doses of medications
- Talking about feeling hopeless or helpless
- Talking about being a burden to others
- Increased drug or alcohol use
- Withdrawing from family or friends
- Sleeping too much or too little
- Giving away prized possessions

- Acting more anxious or agitated than usual and/or behaving recklessly

YOU CAN PLAY A ROLE IN PREVENTION & AWARENESS

We all can play an important role in prevention and awareness of suicide. Here are tips from experts at FEAP to help when you are concerned about an individual:

1. **Ask the question:** It's OK to be direct. Avoid generalizations like "Are you thinking of hurting yourself" and opt for specificity like "Are you having thoughts about suicide?"
2. **Show care and concern:** Be respectful and mindful of cultural considerations, and convey empathy through your language. Show the person you are listening and you care. You can reassure the person that thoughts about suicide are common, often associated with a treatable mental health condition, and do not have to be enacted.
3. **Connect with support:** There are a number of resources available both locally and nationally listed below.



If you are on-Grounds calling from a landline or local cell number:

- If deemed imminent danger or

call 911 for UVA Police

- For immediate care, call the Regional Crisis Line: 434-230-9704
- For an emergent consultation, call FEAP Crisis Consultant: 434-230-9704 (after hours: 434-924-0000 for FEAP on call)



If you are off-Grounds or calling from a non-local cell number:

- If deemed imminent danger or call 911 for UVA Police
- For immediate care, call the Regional Crisis Line: 434-230-9704
- For an emergent consultation, call FEAP Crisis Consultant: 434-230-9704 (after hours: 434-924-0000 for FEAP on call)

To help foster a culture of support and care at UVA, please consider [printing this sheet of local help numbers and resources](#) to post in appropriate locations.

To continue learning or to receive assistance:

- [See FEAP's suicide prevention webpage](#)
- [See FEAP's Crisis Care & Coordination services](#)
- [Reach out to FEAP](#)

UVA FACULTY EMPLOYEE ASSISTANCE PROGRAM

1300 Jefferson Park Avenue, Charlottesville, VA 22908
434.243.2643

www.uvafeap.com