HOW TO HELP

STEP 1: Start with the “Good Neighbor Response”: “Don’t Do It!” Show that you care.

STEP 2: Assess with the “SLAP” technique.
S: Specific Details  What are the specific details of the plan?
L: Lethality  How quickly could he die if he does what he plans?
A: Availability  Does she have the means to implement the plan?
P: Proximity  How close are people who could help?

STEP 3. Make a follow-up plan.
Get help now: If the person has specific details in a plan (S), the plan is quickly lethal (L), they have the means to make an attempt (A), and there are few social supports (P).
Plan for follow-up later: If the SLAP risk factors are not present, encourage the person to get help with their problems, and periodically ask them about their progress.
Judgment call: If some, but not all of the SLAP risk factors exist, then it is a “judgment call,” but always err on the side of saving a life!

WHY STUDENTS DECIDE NOT TO COMMIT SUICIDE

Don’t want to hurt family  77%
Don’t want to hurt friends  56%
Hope/plans for the future  40%
Want to finish school  40%
Support of friends  38%
Support of family  35%
Don’t want to hurt partner  34%
Religious/moral beliefs  28%
Support of partner  26%
Pets  19%
Relationship with counselor  10%

CALL FOR HELP

Public Safety  843-349-2911
Counseling Services  843-349-2305

Counseling Services
P.O. Box 261954 • Conway, SC 29528-6054
Phone: 843-349-2305
Fax: 843-349-2898
E-mail: jcassidy@coastal.edu

www.coastal.edu
SIGNS OF SUICIDE

- Neglect of personal welfare
- Deteriorating physical appearance
- Change in eating or sleeping patterns
- Previous suicide attempts
- Explicit or vague statements about death, life, or self-harm
- Reckless behavior
- Making a will, settling debts, giving stuff away
- Inappropriately saying good-bye

FEELINGS IN SUICIDAL STUDENTS

<table>
<thead>
<tr>
<th>Feeling</th>
<th>Percentage</th>
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<td>Sadness</td>
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WHAT (MIGHT) CAUSE SUICIDE

Of college students who seriously considered suicide, the following events were experienced close in time to the suicide ideation.

- Emotional or physical pain: 65%
- Romantic relationship problems: 59%
- Wanting to end life: 49%
- School problems: 43%
- Friend problems: 43%
- Family problems: 43%
- Financial problems: 31%
- Shared others external pain: 30%
- Punishing others: 14%
- Alcohol/drug problems: 10%
- Sexual assault: 8%
- Relationship violence: 6%

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NATIONALLY:

- 55% of undergrads have thought about suicide
- 2% think about suicide on a regular basis
- 15% seriously considered attempting suicide
- .9% attempted suicide in the past 12 months

AT COASTAL CAROLINA UNIVERSITY:

- 7.6% of students admit to seriously considering suicide within the past 12 months(2)
- 3.2% of students admit to attempting suicide in the past 12 months(2)
- 4.2% of students admit to seriously thinking about suicide during the last year due to alcohol or drug use(3)
- 1.9% of students admit to attempting suicide during the last year due to alcohol or drug use(3)


(2) Data from the 2009 National College Health Assessment II

(3) Data from the 2009 Core Alcohol and Drug Survey