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 (or she) die if he does what he plans?
- **A** Availability Does he/she have the means to implement the plan?
- **P** Proximity How close are the 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 his/her problems, and periodically ask him/her about his/her 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 261945 • Conway, SC 29528-6054
Phone: 843-349-2305
Fax: 843-349-2898
Email: jcassidy@coastal.edu

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 goodbye

Possible causes of suicide (1)

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

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

Feelings in Suicidal Students

- Sad 87%
- Lonely/Isolated 82%
- Hopeless 81%
- Helpless 63%
- Anxious/Panicked 46%
- Angry 45%
- Guilty 43%
- Anxious/Worried 9%

Rates of Suicide

Nationally

- 7.4% of students admit to seriously considering suicide within the past 12 months (2)
- 1.5% of students attempted suicide within the last 12 months (2)

At Coastal Carolina University

- 8.2% of students admit to seriously considering suicide within the past 12 months (3)
- 3.4% of students admit to attempting suicide within the past 12 months (3)
- 2.7% of students admit to seriously thinking about suicide during the last year due to alcohol or drug use (4)
- .7% of students admit to attempting suicide during the last year due to alcohol or drug use. (4)

(1) Data from Brownson, C. & Drum, D. (2009, October). College student suicidality: Updated findings and implications from the research consortium. Program presented at the Association of University and College Counseling Center Directors Conference, Asheville, NC

(2) Data from the 2013 National College Health Assessment II
(3) Data from the 2014 CCU National College Health Assessment II
(4) Data from the 2014 Core Alcohol and Drug Survey