

SUICIDE AWARENESS FACTSHEET

01

Warning signs of suicide

Changes in behavior, withdrawal, giving away possessions, or expressing a desire to die.

02

How to Support Someone

Listen without judgment, encourage them to talk to a counselor, and never leave someone alone if they're in immediate danger.

03

Resources for Immediate Support

On-campus/workplace mental health services, peer counseling programs, CSRI helpline.

04

Preventive Practices

Encouraging openness about mental health, stress management workshops, and accessible counseling services.

05

Helpline Details

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