



# Noles C.A.R.E.

**JUST ASK. YOU CAN MAKE A DIFFERENCE.**

*Suicide Prevention at Florida State University*

## C.A.R.E. YOU CAN MAKE A DIFFERENCE

### COMMUNICATE CONCERN

- Note the specific concerns you have
- Listen more than you speak
- Assure them they're not alone

### ASK QUESTIONS

- Ask open-ended questions "*How are things going?*"
- Be specific with your concerns "*I've noticed you...*"
- Ask important questions "*Are you thinking of killing yourself?*"

### REFER TO RESOURCES

- See reverse for Suicide Prevention Resources.

### ENCOURAGE HELP-SEEKING

- Immediate danger to self or others - Call 911 or FSU PD
- Willing to get help - Refer or walk to services
- Resists help - Listen to concern, encourage them to try

## WHEN TO BE CONCERNED

- Decrease in class/work attendance and performance
- Abrupt change in behavior/hygiene/appearance
- Chronic fatigue and lack of energy
- Withdrawal from friends and family; not wanting to be a burden
- Signs of alcohol or drug abuse
- Mood swings including: irritability, aggression, abrasive behavior, impulsivity, depression, anxiety
- Sense of aimlessness; "*no purpose in life...*"
- Sense of hopelessness
- Self-injurious (e.g. cutting) and risky behavior



# Noles C.A.R.E.

**JUST ASK. YOU CAN MAKE A DIFFERENCE.**

*Suicide Prevention at Florida State University*

## RESOURCES

### Resources to support students:

University Counseling Center (24/7) .....	(850) 644-TALK (8255)
Dean of Students Department/Case Managers .....	(850) 644-2428
Victim Advocate .....	(850) 644-7161
University Health Services .....	(850) 644-6230

### Resources to support faculty and staff:

Faculty/Employee Assistance Program .....	(850) 644-2288
---	----------------

### Crisis support:

FSU Police Department .....	(850) 644-1234
-----------------------------	----------------

## WAYS TO AVOID GETTING IN OVER YOUR HEAD

- **DON'T** pressure yourself to know all the answers
- **DON'T** be the person's only source of support
- **DON'T** be sworn to secrecy
- **DON'T** try to be their therapist
- **DO** seek help from other campus resources
- **DO** ensure they have other people they can talk to
- **DO** refer to confidential resources
- **DO** listen with an open mind

**For more information or to request training visit:**

**NolesCARE.fsu.edu**

**\*Remember:** Helping prevent suicide starts with asking how someone is doing, which can open the door to support and resources.