Know the Risk Factors of Suicide

- Talking about wanting to die or to kill themselves
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Extreme mood swings
- Showing rage or talking about seeking revenge
- Talking about feeling hopeless or having no reason to live

How to Help a Friend

- Be direct. Talk openly and matter-of-factly about suicide.
- Be willing to listen. Allow expressions of feelings. Accept the feelings.
- Be non-judgmental. Don’t debate whether suicide is right or wrong, or whether feelings are good or bad. Don’t lecture on the value of life.
- Get involved. Become available. Show interest and support.
- Don’t dare him or her to do it.
- Don’t act shocked. This will put distance between you.
- Don’t be sworn to secrecy. Seek support.
- Take action. Remove means, like weapons or pills.
- Offer hope that alternatives are available.
- Get help from people or agencies specializing in crisis intervention and suicide prevention.

Campus Events

Movie Times
- Wednesday @ 7pm
- Fri & Sat @ 7pm & 9:30pm
- MU Century Theater

Live @ Lunch featuring:
- Emily Krogstad
  - Jan 9
  - 11:30am - 1:00pm
  - MU Lower Level

Casino Night
- Jan 11
  - 9:30pm
  - MU Great Plains Ballroom

Involvement Expo
- Jan 16
  - 11:00am - 3:00pm
  - Great Plains Ballroom

No Classes Jan 21

Tie Dye Night
- Jan 25
  - 9:30pm - 1:00am
  - MU Lower Level

Arno Michaelis
- Life after hate-speaker
  - Jan 31
  - 7:00pm - 8:00pm
  - Great Plains Ballroom