SUICIDE STATISTICS:

*Suicide is the second leading cause of death among college students, and the third leading cause among all people ages 15-24.

*Almost 10% of college students seriously consider attempting suicide.

*Among adults, 18-24 year-olds attempt suicide more often than any other age group.

*More teenagers and young adults die from suicide than from all medical illnesses combined.

*Of the over 15 million college students in the U.S., an estimated 1,100 die by suicide each year about 3 per day).

*Every 2 hours and 11 minutes, a person under the age of 25 dies by suicide.

*Factors that can trigger suicidal behavior in college students range from difficulties adjusting to a new environment; a lack of adequate social or coping skills; academic and social pressures; feelings of failure or decreased performance; a sense of alienation and lack of social support; or the onset of mental illness.

-ULifeline, 2008
www.halfofus.com

For More Information:

If you doubt whether or not you should apply QPR, call 1-800-SUICIDE for advice and direction.

Resources:
Canisius College Counseling Center:
716-888-2620
Canisius College Public Safety:
716-888-2330
Crisis Services:
716-834-3131
National Suicide Prevention Lifeline:
1-800-273-TALK

Canisius College
Counseling Center
Bosch Hall 105
(716) 888-2620
www.canisius.edu/counseling

Ask a Question Save a Life

QPR

Question
Persuade
Refer

SUICIDE PREVENTION TRAINING

Become a GATEKEEPER

PURPOSE OF QPR

QPR is intended to teach those who are in a position to recognize the warning signs, clues and suicidal communications of people in trouble to ACT vigorously to prevent a possible tragedy.

SUICIDE IS THE MOST PREVENTABLE CAUSE OF DEATH

Learn How to Recognize Warning Signs of Suicide

Reach Out! Don't Wait!

Do Something!

STEPS OF QPR:

QUESTION • PERSUADE • REFER

1. **Question** the person about suicide
2. **Persuade** the person to get help
3. **Refer** the person to the appropriate resource

A **Gatekeeper** is someone trained to recognize a suicide crisis and knows how and where to find help.

Do you want to become a Gatekeeper?

In as little as an **hour-long session** you can become trained to help a student or loved one in a time of crisis by Canisius College's certified instructors:

Eileen Niland, LMHC, NCC
Director, Counseling Center

Michael Cammarata, LMHC, NCC
Associate Director, Counseling Center

Alison Smith, LCSW
Counselor, Counseling Center

Charita Price, LMHC
Counselor, Counseling Center

To Set Up a Training Session Contact:

Canisius College Counseling Center

Bosch Hall 105
Phone: 716-888-2620