

Suicide Prevention for Parents

*Center for Mental Health Care
and Resources*

endsuicide@gatech.edu

<https://mentalhealth.gatech.edu>



Warning Signs:

- Hopeless or feeling there is no reason to live
- Feeling trapped or being in unbearable pain
- Feeling burdensome to others
- Difficulties with sleeping
- Withdrawing or feeling isolated
- Anxiety or depression
- Talking about wanting to die or kill oneself
- Signs of harm or looking for ways to die.

Warning Signs:

Periods of Vulnerability:

- Loss of an important relationship
- Death of someone to whom they are close , especially if by suicide
- Poor academic performance
- Sudden unexpected loss of freedom/fear of punishment
- Fear of becoming a burden to others

Addressing Suicide Means Starting A Conversation

- Conversations can be intentional, but can also be part of shared experiences with the person who is struggling.
- Expressing care and concern does not have to be fancy!
 - “I’ve noticed you’ve been down. What’s going on?”
 - “Seems like you haven’t been yourself lately What’s up?”
 - “You don’t seem like yourself lately. Is everything okay?”

Tips for Asking about Suicide:

- Talk to your student alone in a private setting.
- Ask about suicide and be direct.
- Ask good follow-up questions to understand.
- Listen with interruption or judgement.
- Encourage help seeking and connect them to support.

Additional Steps for Helping

If you are unsure about the situation or concerned about a person's safety:

- Let them know this and that you need to get others involved to help.
- Contact mental health services and other emergency resources to consult and get assistance.
- If they have access to means, help them remove any objects that could be used to harm themselves.

If at any time, you are unsure of what to do or need help be sure to consult with others. Helpers need assistance too!

Campus Crisis Resources:

- **During Business Hours:**
 - Call the Center for Mental Health Care and Resources at 404-894-2575
- **After Business Hours (*Nights & Weekends*):**
 - Call 404-894-2575 and select the option to speak to an after-hours counselor
- **Anytime 24/7:**
 - Call Georgia Tech Campus Police at 404-894-2500

Community Crisis Resources:

- **National 988 Hotline:** **988**
- **National Suicide Prevention Lifeline:** **800-273-8255**
- **Georgia Crisis & Access Line:** **800-715-4225**
- **Crisis Text Line:** **Text HOME to 741741**

Secondary Resources:

Office of the Dean of Students

404-894-6367

Make a referral: <https://referral.studentlife.gatech.edu>

To access the Dean On Call, call GTPD and request the “Dean On Call”

Stamps Student Health Center/Psychiatry /Wellness Empowerment Center

404-894-2584

Voice Advocate (*Victim-Survivor Support*) 404-385-4464/
404-385-4451

Additional Support Resources:

- Disability Services 404-894-2563
- Belonging & Student Support <https://belonging.gatech.edu/studentsupport>
- Veterans Resource Center 404-385-2067
- Financial Aid Log in to oscar.gatech.edu
- STAR Services steve.fazenbaker@gatech.edu
- Office of Student Integrity 404-894-9193

Center for Mental Health Care and Resources (CMHCR)

<https://mentalhealth.gatech.edu/>
Phone: (404) 894-2575

