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## RESPOND Partnering for Campus Mental Health

Missouri University of Science and Technology. Counseling, Disability Support, and Student Wellness

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**1 in 5** of us  
will experience  
a mental illness  
this year

**86%** of students  
who die by suicide  
never access  
campus mental  
health services.

# RESPOND

**R**ecognize Signs & Symptoms  
**E**mpathize  
**S**hare observations  
**P**ose open questions  
**O**ffer hope  
**N**avigate resources & policies  
**D**o self-care

Register for training at  
**(573) 341-4211**



**Counseling, Disability Support,  
and Student Wellness**

204 Norwood Hall  
<http://counsel.mst.edu>

**(573) 341-4211**

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# RESPOND

**Partnering for Campus Mental Health**

*Together  
we can change  
the story of  
mental health*



# Assess for Suicide

Ask direct questions in a calm confident way.

Are you thinking of killing yourself?

How will you end your life?

When will you end your life?

Do you have the things you need to carry out your plan?

The more details the person has thought through, the greater the risk they will act on their thoughts. When a person has a plan and a date that is very soon, do not leave them alone.



# Common Symptoms

## Emotions:

sadness, irritability, anger, anxiety, unreasonable fear, hopelessness, helplessness, guilt, lack of emotional response, mood swings

## Thoughts:

Self-blame, self-criticism, impaired memory or concentration, negative thought patterns, racing thoughts, mind going blank, confusion, indecision, excessive worry, intrusive memories, thoughts of death and suicide

## Behaviors:

Crying, avoiding stressful activities, not completing tasks, loss of interest, slow movement, distress in or withdrawal from social activities, increased use of alcohol or other drugs

## Physical Health:

Sleeping too much or too little, difficulty falling or staying asleep, fatigue, frequent headaches, muscle tension, aches and pains, change in appetite or weight, irregular menses, loss of sex drive, shortness of breath, pounding or racing heart, restlessness, sweating In addition to common symptoms of mental health problems someone experiencing psychosis, an eating disorder or substance use disorder may experience these additional signs & symptoms

## Psychosis

Hallucinations (sensory), delusions (fixed beliefs), thinking difficulties, loss of drive

## Eating Disorders

Preoccupation with body size, shape, or weight; weight changes; avoidance of meals or bingeing; excessive attention to food, recipes, or food labels; swelling of cheeks and jaws; calluses on knuckles; dental deterioration

## Substance Use Disorders

Increased use or tolerance; withdrawal symptoms; difficulty controlling use or using at times one decided not to; avoiding activities, responsibilities, or people in order to use or recover from use; continuing to use after negative consequences occur

## National Crisis Lines

### NATIONAL SUICIDE PREVENTION LIFELINE

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

1-800-273-8255

### THE TREVOR PROJECT

[www.thetrevorproject.org](http://www.thetrevorproject.org)

1-866-488-7386