

## Good afternoon Barton!

This week's bulletin is on a very serious subject. The veteran community is very important to me personally. According to Military Times, independent source for news and information for military service members, veterans make up less than 9 percent of the U.S. population. However, according to the most recent data in 2014, veteran suicides made up 18 percent of all suicides in America. Recent information release from the Department of Veteran affairs suggests that roughly 20 veterans commit suicide every day.

You may have heard about that before. But did you know that suicide is the third leading cause of death among young people according to the National Alliance on Mental Illness?

This month is Suicide Prevention Awareness Month. Many times when someone chooses to commit suicide or are considering suicide, there were warning signs that were showing a cry for help. Below I have some warning signs for when someone is considering taking their life. Read through them, and if you notice these signs in friends or family, get help. Immediately. Here are some places to get help:

For immediate emergency help: 911

For immediate concern or emergency call Campus Safety: ext. 217 or 620-792-9217

For concerns or help working through problems call Student Services - Counseling Services: ext. 295 or 620-792-9295 (It's for staff and faculty also!)

National Suicide Hotline: 1-800-273 TALK (8255)

At the end of this email, I also have a few pages that I have viewed information on also.

## Suicide Warning Signs

Something to look out for when concerned that a person may be suicidal is a change in behavior or the presence of entirely new behaviors. This is of sharpest concern if the new or changed behavior is related to a painful event, loss, or change. Most people who take their lives exhibit one or more warning signs, either through what they say or what they do.



### Talk

If a person talks about:

- Being a burden to others
- Feeling trapped

- Experiencing unbearable pain
- Having no reason to live
- Killing themselves



## Behavior

Specific things to look out for include:

- Increased use of alcohol or drugs
- Looking for a way to kill themselves, such as searching online for materials or means
- Acting recklessly
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression



## Mood

People who are considering suicide often display one or more of the following moods:

- Depression
- Loss of interest
- Rage
- Irritability
- Humiliation
- Anxiety

## Additional Resources:

Barton Counseling Services

<http://bartonccc.edu/supportservices/counseling>



<http://www.nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Awareness-Month>

American Foundation for Suicide Prevention

<https://afsp.org/about-suicide/>

We will continue next week with our next “Get to Know Your Campus Safety” section.

Lucas Stoelting  
Campus Safety  
Lead Officer



Campus safety takes all of us.

Do your part and download Rave Guardian.

Available on the App Store Google play

The advertisement for the RAVE Guardian app is presented in a white rectangular box. On the left, the text "Campus safety takes all of us." is in a blue sans-serif font. Below it, "Do your part and download Rave Guardian." is in a smaller black font. Further down are two black buttons: one with the Apple logo and "Available on the App Store" text, and another with the Google Play logo and "Get it on Google play" text. At the bottom left is the RAVE Guardian logo, which consists of a blue square with a white shield icon and the text "RAVE Guardian" in blue. On the right side of the box is a vertical image of a smartphone. The screen shows the RAVE Guardian app interface with a blue header and several colorful icons for different features like "Alerts", "Safety", "Help", and "Emergency".