

# Suicide Prevention

## AN INFORMATIONAL RESOURCE FOR STUDENT-ATHLETES, COACHES AND ATHLETICS PERSONNEL

Suicide is the second-leading cause of death among people aged 10-24. By eliminating the misunderstanding and stigma that prevent individuals from speaking up and getting support, the incidence of suicide can be reduced.



### Warning signs – any of the behaviors below indicate an increased risk of suicide:

- Talking, writing or thinking about death.
- Impulsive, aggressive or reckless behavior.
- Increased alcohol and drug use.
- Social withdrawal from friends, family and the community.
- Dramatic mood swings.

### Signs of imminent danger – any of the behaviors below should prompt immediate interventions:

- Putting affairs in order and giving away possessions.
- Saying goodbye to friends and family.
- Mood shifts from despair to calm.
- Unexplained interest in obtaining firearms or controlled substances.
- Talking about death.
- Self-harming behaviors.

### What student-athletes can do:

- Call the 988 Suicide & Crisis Lifeline at 988.
- Reach out to a trusted friend, coach or athletics administrator.

### What athletics department staff can do:

- Follow your athletics department's mental health emergency action and management plan.
- Learn more about postvention guidance by reading *A Guide for Response to Suicide on College Campuses* at [hemha.org/postvention\\_guide.pdf](https://hemha.org/postvention_guide.pdf).

### PROMOTE THE USE OF STIGMA-FREE LANGUAGE

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**“Suicide attempt/ attempted suicide.”**  
AVOID: “Failed suicide” or “unsuccessful attempt”  
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**“Died by suicide/ suicide death.”**  
AVOID: “Successful” or “completed suicide”  
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**“Took their own life.”**  
AVOID: “Committed suicide”  
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**“Died as a result of self-inflicted injury.”**  
AVOID: Chose to kill him/herself  
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**“Disclosed.”**  
AVOID: Threatened  
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SOURCE: NAMI and 988lifeline.org

