

WHERE TO SEEK HELP

Suicide Hotlines

- Crisis Hotline 1.877.466.0660
- National Suicide Prevention Lifeline 1.800.273.TALK

Texas State University Resources

- Counseling Center, 512.245.2208, counseling.txstate.edu
 - Emergency services to students in crisis Monday to Friday, 8 a.m. to 5 p.m.
 - Individual and group counseling
 - Consultation
 - Outreach and self-care workshops
 - Find an extensive list of resources on our website
- Student Health Center, 512.245.2161, healthcenter.txstate.edu
 - Health Services
 - Medication Consultation
- University Police Department, 911

MAKE AN APPOINTMENT

Call

512.245.2208

San Marcos location and hours

LBJ Student Center, Room 5-4.1
8 a.m. – 5 p.m., Monday – Friday

Round Rock location

Nursing Building, Room 116
1555 University Blvd.

Check our website for current hours.

ONLINE RESOURCES

Website

counseling.txstate.edu



facebook.com/txstCC



[@txstCC](https://twitter.com/txstCC)



youtube.com/c/TxStCounselingCenter



[@txstCC](https://instagram.com/txstCC)



pinterest.com/txstCC

TEXAS STATE
COUNSELING CENTER

601 University Drive
5-4.1 LBJ Student Center
San Marcos, TX 78666

512.245.2208 | counselingcenter@txstate.edu

SUICIDE PREVENTION



COUNSELING CENTER

TEXAS
STATE
UNIVERSITY

The rising STAR of Texas



WARNING SIGNS

Being aware of warning signs creates an opportunity to intervene and help. The more clues and signs observed, the greater the risk. Take all signs seriously.

These are some to consider but not limited to:

Emotional

- co-occurring depression, moodiness, hopelessness
- feelings of desperation
- intense need for relief
- a sudden mood recovery from intense desperation can be a sign that person has a set plan for ending his or her life

Verbal – expressions of..

- hopelessness
- extreme emotional, mental and physical exhaustion
- feeling like a burden
- desire to escape
- direct statements or questions about killing self
- suicidal thoughts or intent through art, music, writing and/or social media

Behavioral

- missing class
- withdrawing from friends and family
- poor hygiene
- increase in impulsive, risky behavior
- acquiring a gun, stockpiling pills or access to other means
- putting personal affairs in order
- giving away prized possessions
- increased alcohol or drug use, or relapse after a period of recovery
- unexplained anger, aggression and irritability
- any previous suicide attempt

Suicide is a delicate and complex topic so it is often “easier” to simply avoid it and hope it goes away. In a life-threatening situation, however, avoidance won’t resolve the problem. Learning how to communicate about suicide can make a difference in someone’s life.

WHAT CAUSES THOUGHTS OF SUICIDE?

There is no single cause of suicide. We all struggle at some time or another, but when stressors lead to thoughts of suicide, it is a sign of something very serious.

People who are considering suicide may hesitate to ask for help because they are afraid of being judged or may believe that they “should” be able to handle feelings and problems on their own. Sometimes thoughts of suicide generate feelings of being misunderstood, and it can become easier to isolate than to explain feelings of distress and hopelessness.

Situational

- loss of any major relationship
- being fired from a job or expelled from school
- death of a someone significant, especially if by suicide
- sudden unexpected loss of freedom/fear of punishment
- unanticipated loss of financial security
- loss of a cherished therapist, counselor or teacher
- diagnosis of a serious or terminal illness
- fear of becoming a burden to others

HOW TO RESPOND

If you are having suicidal thoughts:

- Tell someone.
- Seek help from a professional. Call the Counseling Center at 512.245.2208 or the local Crisis Hotline at 1.877.466.0660.
- If you are in imminent danger of killing yourself, call 911.

If you are concerned about a friend, roommate or someone else:

- Express concern. Ask directly if they are thinking about suicide. If you are uncomfortable with asking, find someone who can.
- Listen, take them seriously, and offer support.
- Do not feel sworn to secrecy regarding a life-threatening situation
- Help them find professional help. If on campus, walk them to the Counseling Center in LBJ Student Center 5-4.1, or call the Counseling Center at 512.245.2208 for guidance.
- Do not leave anyone who is in imminent danger of killing themselves alone. Call 911.