



## CELTS HELPING CELTS

Get involved and save a Celt's life!  
What every UST Celt should know  
about depression and suicidal thinking.

### Depression Awareness



### Suicide Prevention

## SIGNS OF DEPRESSION

### REMEMBER SAD FACES

- Sleep changes
- Appetite changes (decreased or increased)
- Down mood
  
- Fun (not having any)
- Agitated
- Concentration (decreased ability)
- Energy loss
- Suicidal thoughts

## SIGNS OF SUICIDAL THINKING

- Talks or writes about suicide (even jokingly)
- Mentions wanting to be dead
- Exhibits strange behavior
- Buys a gun or obtains drugs
- Gives away things
- Seems suddenly calm when has been upset
- Risk increases with history of drug and/or alcohol abuse

## WHAT YOU CAN DO

When you think someone is depressed or suicidal. . .

### Ask the person about depression and/or suicide.

Have they thought about it? Talked about it? Made plans to kill themselves?

**Talk to the person about getting help.** Discuss the person's thoughts and feelings on depression and suicide. Let them know they can get help.

**Send the person to get help.** Contact a counselor and/or medical professional or call the important numbers on this card.

## HELPFUL TIPS

- Look for the signs of suicidal thinking.
- Don't be afraid to talk to them. Asking questions about suicide does not increase their risk.
- Listen. Showing that you care can save lives.
- Know that you can't talk them out of depression or suicidal thoughts alone. Get help. Never promise secrecy.

Always contact a person of authority such as a counselor or physician. Contact the local hotline or emergency services at the numbers below.

## IMPORTANT NUMBERS

PERSON CONTEMPLATING SUICIDE NOW?  
DIAL 911 (On-Campus Phone: 9-911)

National Suicide Prevention Hotline	1-800-273-TALK
Crisis Text Line 24/7	741741
UST Police	713-525-3888
Counseling and Disability Services	713-525-2169 or 6953
Vice President for Student Affairs	713-525-3570
Dean of Students	713-525-3570