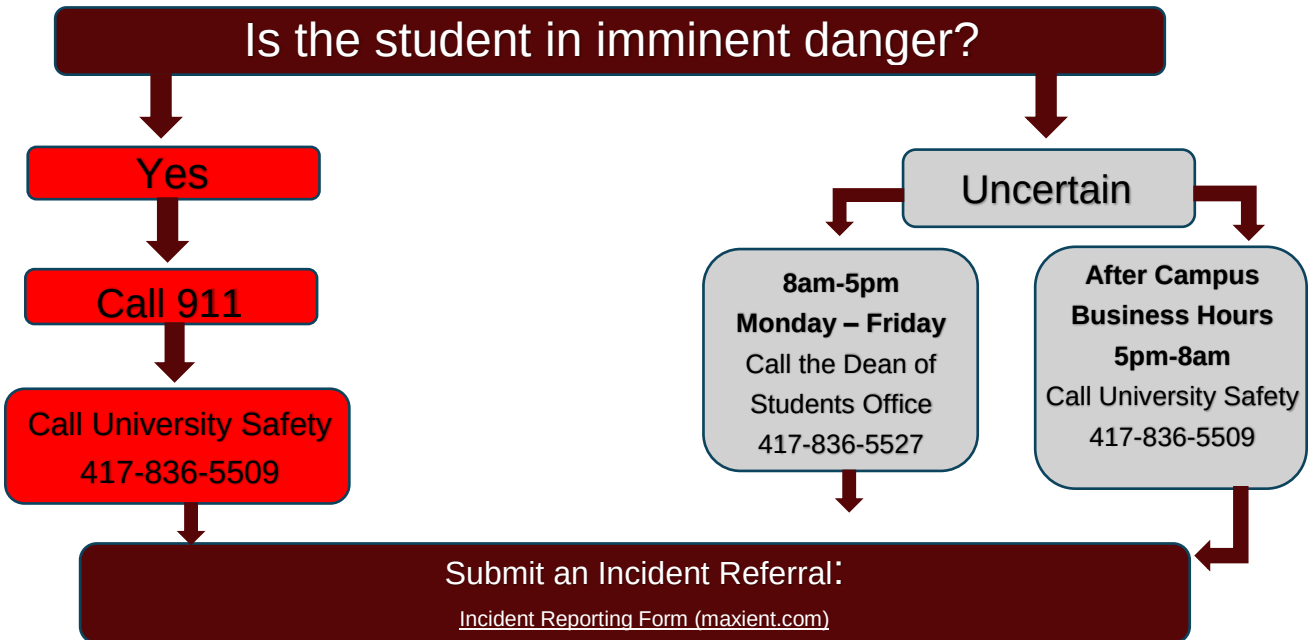


If confronted with a student contemplating or threatening suicide,
call for assistance by the following:



If you are ever uncertain about how to proceed and no one is available for consultation, do not hesitate to call 911. For more in-depth information on suicide prevention, visit [Missouri State University | Ask Listen Refer](#)

Signs of Imminent Danger (List is not all-inclusive)

Some situations are emergencies that require immediate action from emergency responders.

- Self-injury needing immediate medical attention
- Someone acting on a suicide threat
- Someone tells you they have recently taken an overdose or made some other suicide gesture
- A person is unresponsive

Suicide Warning Signs (List is not all-inclusive)

- Talking about:
 - Wanting to die
 - Great guilt or shame
 - Being a burden to others
- Feeling:
 - Empty, hopeless, trapped, or having no reason to live
 - Extremely sad, more anxious, agitated, or full of rage
 - Unbearable emotional or physical pain
- Changing behavior, such as:
 - Making a plan or researching ways to die
 - Withdrawing from friends, saying goodbye, giving away important items, or making a will
 - Taking dangerous risks such as driving extremely fast
 - Displaying extreme mood swings
 - Eating or sleeping more or less
 - Using drugs or alcohol more often

To learn more, please visit
[Warning Signs of Suicide - National Institute of Mental Health \(NIMH\) \(nih.gov\)](#)

Refer to [Administrative Policies](#) for more information on MSU's policy