If you or someone you know is experiencing thoughts of suicide, there is hope. Many people will experience this at some point in their lifetime, but most go on to live safe and successful lives. Connect with any of the following resources to get the help that you need.

- 7.7% of college students have seriously considered suicide
- 2.3% of college students have made a suicide plan
- 1.2% of college students have attempted suicide

Having a plan means the person is in immediate danger and you need to call campus security (918-631-5555) right away.

If a person says they have thoughts of suicide, but do not have a plan or intent to act on the thoughts then they may not be in immediate danger, but still need mental health support. Submit a CaneCares report by scanning the QR code or this link:

https://utulsa.edu/student-affairs/canecares/

**QUESTIONS TO ASK A DISTRESSED STUDENT**

- Have you had thoughts of suicide?
- Do you have a suicide plan?
- Do you have what you need to carry out your plan (pills, gun, etc.)?
- Do you know when you would do it?
- Do you intend to take your own life?

**Campus Security - Emergency**
(918-631-5555) call 24/7

**TU CAPS - Non-emergency**
(918-631-2200) business hours are Monday - Friday 8am-12pm and 1pm-5pm

**Copes**
(918-744-4800) for off campus mental health support. 24/7

**Trevor Project**
(1-866-488-7386) Suicide prevention hotline for lesbian, gay, bisexual, transgender, queer and questioning individuals 24/7

**National Suicide Prevention Lifeline**
(1-800-273-8255) 24/7 Text “connect” to 741741

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