We are fortunate here at UW-Eau Claire to have a student body, staff, faculty, and administrators who are very aware of students who are struggling, and effective at getting students the help they need.

This guide is intended to be used to review risk factors for suicide, how to approach students, as well as the resources that are available on campus. A guide can only identify a limited number of important items.

Please call the Counseling Services office at 715-836-5521, if you want to talk directly with a counselor about this guide, or about concerns for yourself or a friend. A counselor is available for emergencies from 8:00 am - 5:00 pm, Mondays, Tuesdays, Thursdays, and Fridays. and 8:00 am - 8:00 pm Wednesdays.

You may call and set up an appointment or visit our office at 2122 in the Old Library.

Risk Factors

The following can be associated with risk for suicide. In general, the more of these factors a student has experienced and the greater the severity, the higher the risk for suicide.

- Has suicidal ideation, plans and/or means
- Recent significant loss
- Failure to live up to their own or others’ expectations
- Increased isolation/social withdrawal
- Inability to experience pleasure or have fun
- Alcohol/other drug use
- Poor class attendance/poor academic performance
- Concerns about sexual orientation
- Change in personality
- Giving away possessions
- Sexual promiscuity
- Previous suicide attempts

Phone Numbers

Crisis Line (24 hours): 834-6040
Bolton Refuge House: 834-9578
(24-hour; domestic abuse/sexual assault)
Care Line: 832-5030
(5p.m.-8a.m. only):
How To Approach

A Student

* Express your concern to the student citing the risk factors you have observed.
* Ask about the other risk factors.
* Ask about suicidal thoughts directly, use the word suicide. This does not increase the risk of a suicide occurring, in fact students are often relieved to have someone to talk to.
* Assist the student to find solutions to their problems other than suicide.
* Never agree to keep serious suicidal thoughts in confidence. It is important that a student with serious suicidal thoughts meet with a counseling professional, so that the student can receive the support they need.
* Be supportive and follow-up with the student.

What to Do

* If the student has made a suicide attempt, call 911 for an ambulance, Safety and Security.
* If the student has serious suicidal thoughts, or appears to be in a fog or not thinking clearly, they need to be seen immediately. Call someone to help.

UWEC Counseling Services
Division of Student Affairs
University of Wisconsin-Eau Claire
2122 Old Library
Eau Claire, WI 54702-4004
Phone: (715) 836-5521

Check out our web site virtual pamphlet collection at:

www.uwec.edu/counsel

A Guide to Suicide Prevention

Sadly, suicide is the second leading cause of death, after accidents, among college students.