

**you
are
not
alone.**



**SUICIDE AWARENESS
& PREVENTION**

*Help is
available!*

Counseling, Health & Wellness Services:

617-573-8226

Office Hours: ;

Mon-Thurs 9-6pm, Fri 9-5pm

Urgent same day appointments Mon-Fri 11-4pm

Off Campus Resources: ;

National Suicide Prevention Hotline

1-800-273-8255



73 Tremont Street, 5th Floor

SUICIDE PREVENTION &
AWARENESS

worried about a
friend?



*Signs someone might
be experiencing suicidal thoughts:*

- Direct and indirect verbalization including "I want to die" or "you would be better off without me"
- Isolation from friends/family/activities
- Loss of interest in activities/topics
- Sleeping more or less than usual
- Experiencing a recent loss
- Giving away possessions
- Increase in drug/alcohol use

*To get support, please call Counseling,
Health, & Wellness at:*

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SUFFOLK
UNIVERSITY
BOSTON

COUNSELING, HEALTH
& WELLNESS

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