

Suicide Warning Signs

- Talking or writing about death or suicide
- Feeling hopeless
- Feeling strong anger or rage
- Withdrawing from family or friends
- Losing interest in activities once enjoyed
- Change in sleeping and eating habits
- Dramatic mood changes
- Being depressed or sad most of the time
- A sudden lift in depression
- * Some people do not show any warning signs at all

Myths & Facts

...Myth: Talking about suicide to a suicidal person will cause suicide.

Fact: Talking about suicide is necessary in order to assess a person's intent so one can intervene during the temporary crisis.

...Myth: Suicidal people want to die.

Fact: For most, suicide is a cry for help. Most are ambivalent, and the suicidal crisis is temporary. Nine out of ten people who attempt suicide never attempt again.



Go Green-Holiday Formal
Thursday, Dec. 10th
9p.m.-1a.m.
Ballroom,
Hewitt Union

Toilet Talk

December 4, 2009

Suicide

Did You Know...

- ...According to U.S. Suicide Statistics of 2005, 1.3% of all deaths are from suicide
- ...Suicide is the third leading cause of death among 15-24 year olds
- ...Males take their own lives at nearly four times the rate of females and represent 79% of all U.S. suicides
- ...Women attempt suicide about two to three times more often than men.
- ...Firearms are now used more in suicides than homicides

Answer to Last Week's Question:

1.1 million adults committed suicide in 2008.

Easy Tip on Living Laker Green: As the holidays approach, make a conscious effort to avoid mainstream advertising-supported media, and chances are you'll want less-- and spend less-- this holiday season.

Question of the Week: What is the record for the longest period without sleep?

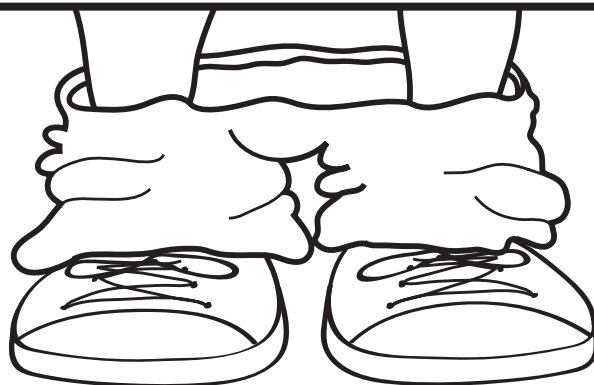
Events of the Week:

- Saturday, Dec. 5th: Comedy- Shaun Cassidy Fan Club Improv from 8-9:30pm in the Campus Center Auditorium. Free.
- Sunday, Dec. 6th: Gospel Choir's Christman Concert. Held in Sheldon Hall Ballroom at 4:30p.m. Free.
- Wednesday, Dec. 9th: Dance Class - Latin Rhythm's Basic Steps. This class will offer beginner-level dance steps to different Latin dance styles such as salsa, merengue, bachata and cha cha cha. 12:40-1:35pm in Swetman Gym. Free.

Questions? Comments? Suggestions? Get Involved.
Give us a call! 312-5648 Or email
lifestyle@oswego.edu



Download Toilet Talk online! Visit
www.oswego.edu/lifestyles and Click on
the Toilet Talk link.



Words to whiz by...

"Dreams are illustrations.. from the book your soul is writing about you."

- Marsha Norman

Tips to Keep Happy

- Talk with someone every day
- Spend time with other people
- Make time for things that bring you joy

Resources

- Counseling Services: (Free for students!) x4416
- University Police: x5555
- Oswego Hospital 24 hour Hotline: 315-343-8162
- National Crisis Hotline (24 hours): 1-800-SUICIDE

Ask Program

...Connects students with an OSU Alumni who serves as a mentor and guides the student through sharing knowledge about the professional world and answering questions. The student benefits from the information provided and from opportunities such as job shadowing.

For more information:
ask@oswego.edu
315-312-2920



Walker Health Center
SUNY Oswego
(315) 312-5648
lifestyle@oswego.edu

Sponsored by the Lifestyles Center. Toilet Talk is brought to you by Graduate Assistants Jenna Bernardelli and Michael Hotchkiss, Intern Danielle Hawley and Peer Educators Dawn-Marie Allen-Kent, Jeanelle Colon, Charlene Irving, Chanel Lindsay, Jessica Raghunanan and Amirah Wint. Sources available upon request.

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