



UNIVERSITY OF THE INCARNATE WORD

BEHAVIORAL HEALTH SERVICES

Location & Hours

- **Phone Number:** (210) 832-5656
- **Goal-oriented counseling**
- **Making a Triage Appointment:**
 - Best to do it online
 - Currently providing in-person, Zoom, and phone sessions (if you are currently in the state of Texas).
- **Hours:** M-F 8:00 a.m.-5:00 p.m.
- **Location:** Broadway Campus, Administration Building, Suite 438

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**UNIVERSITY OF THE
INCARNATE WORD.**

BEHAVIORAL HEALTH
SERVICES

Suicide Prevention

It's Okay to Not be Okay

- Suicidal thoughts are some of the most difficult thoughts to cope with and it's okay to be struggling, but you don't have to do it alone.
- Suicide is one of the leading causes of death in teenagers, and deaths by suicide are on the rise in teens and young adults.
- Sometimes suicide can seem sudden, but in many cases, there are signs and symptoms that someone is considering it.
- It's important to know the signs so you or someone you know can get help.

Warning Signs

THINGS SOMEONE MAY SAY OR THINK:

- Talking or thinking about wanting to die, “killing themselves,” or suicide
- Mentioning ways to end their life or making specific plans to do so
- Thinking or talking about feeling empty, alone, or “over it”
- Saying people in their life would be better off without them

THINGS SOMEONE MAY DO:

- Say goodbye to friends and family
- Sleep less—or a lot more—than usual
- Eat much less—or a lot more—than usual
- Withdraw from people or social activities
- Stop taking care of their personal hygiene
- Increase their use of alcohol or drugs
- Act recklessly
- Have big changes in their usual behavior

Warning Signs

Ways someone may feel:

- Extremely anxious, agitated, irritable, or angry
- Persistently sad or depressed
- Up and down in their moods
- Hopeless, trapped, or without purpose
- Like a burden to others
- Numb or not interested in the parts of life they usually enjoy

Any of these signs can indicate that someone is considering suicide or that they are experiencing serious emotional distress and need support right away.

It is also possible that someone is thinking about suicide and not showing any of these signs.

The bottom line is: If you're worried about yourself or a friend, trust that instinct and take action.

What to do

FOR SELF:

- Distract
- Grounding
- Self-Soothe
- Improve the Moment
- Think Positive
- Connect
- Make a Plan

FOR OTHERS:

- Listen
- Don't be afraid to ask how someone is doing
- Know resources
- Stay Calm
- Provide referral
- Self-care

Resources

- UIW Behavioral Health Services – (210) 832-5656
- UIW Police – (210) 829-6030
- Bexar County Crisis – (210) 223-7233
- National Suicide Prevention Hotline at **988**
- Get them to a hospital or emergency room
- Call 911
- San Antonio Police and ask for a Crisis Intervention Trained (CIT) officer