

Suicide Prevention

Housatonic Community College



How to Help a Friend: Quick Guide for Students

How to start the conversation:

- “Recently, I have noticed some changes in you. How are you doing?”
- “I wanted to check in with you because you haven’t seemed like yourself lately.”

Refer to these when starting a conversation:

<https://seizetheawkward.org>

<http://loveislouder.com>



Questions to ask:

- “How can I best support you right now?”
- “Have you thought about getting help?”
- “Are you thinking about suicide?”

Ways to suggest resources:

- “I can walk with you to the Counseling Center to make an appointment.”
- “There is a lifeline that you can call 24/7. You don’t have to be suicidal to call.”

Resources at HCC

- Counseling & Wellness Center L-242
203-332-5285 M-F 8:30am-6:00pm

Resources Off Campus:

Suicide Lifeline 1-800-273-TALK (8255)

Crisis Text Line 741741

Fairfield Mobile Crisis Clinic (860) 747-8484

National Helpline 1-800-784-2458

Sexual Assault Crisis (860) 223-1787

Trevor Project (LGBTQ)1-866-488-7388

If the person is in immediate danger or tells you that they plan to harm themselves or others:

- Call 9-1-1
- Remove yourself from the situation if you feel unsafe