SEEK IMMEDIATE ASSISTANCE (24HRS)

Call **University Police 813-974-2628** or **9-1-1**

Call the **Counseling Center 813-974-2831**
SVC 2124, usf.edu/counsel

File a **SOCAT Referral usf.edu/socatreferral**

Follow department procedures and contact your supervisor

SHOW CONCERN AND REFER

Express that you care
"I've noticed...I care about you and I want to help."

Ask about suicide
"Are you having thoughts of wanting to die?"

Assess the urgency of the situation
"Do you have plans to kill yourself now?"

Validate strengths
"Thank you for sharing, it takes a lot of courage..."

Recommend they speak with a mental health professional
"I think it may be helpful if you spoke with a counselor."

Acknowledge concerns
"The services are confidential. They help a lot of students."

Follow-up
When encouragement, support and outreach is needed call Student Outreach and Support 813-974-6130 or make a referral at ***usf.edu/socatreferral***

SUICIDE WARNINGS SIGNS

I Ideation
- Talking or writing about death, dying, or suicide
- Making threats or talking about killing themselves
- Looking for ways to kill themselves

H Hopelessness
- Loss of **hope**, doesn't look forward to the future

S Substance Abuse
- Increased **substance** (alcohol or drug) use

W Withdrawal
- **Withdrawal** from friends, family and society

P Purposeless
- No reason for living; no sense of **purpose** in life

A Anger
- Rage, uncontrolled **anger**, seeking revenge

R Recklessness
- Acting **reckless** or engaging in risky activities, without thinking

A Anxiety
- **Anxiety**, agitation, unable to sleep

M Mood Changes
- Dramatic **mood** changes

T Trapped
- Feeling **trapped** - like there's no way out

CAMPUS CONNECT

a suicide prevention training for gatekeepers

Suicide Warning Signs & Response

USF STUDENT AFFAIRS
UNIVERSITY OF SOUTH FLORIDA
COUNSELING CENTER

USF Collaborative Suicide Prevention Project

SVC 2124
813-974-2831
usf.edu/counsel

Here for You.

USF STUDENT AFFAIRS
UNIVERSITY OF SOUTH FLORIDA

CAMPUS CONNECT

SUICIDE WARNING SIGNS & RESPONSE

OARS

O = Open Ended Questions:
Allows the person to tell their story and cannot be answered with a yes or no.

A = Affirmations:
Verbal and non-verbal communication which conveys respect, warmth, empathy and understanding

R = Reflective Listening:
Put your own thoughts and feelings aside and tune into information, feelings, accuracy, understanding, patterns and themes.

S= Summaries:
Paraphrase what you are hearing to ensure accuracy and understanding.

HELPFUL OARS PHRASES

Talk about what you observe
"I see…, I noticed that …, It sounds like you feel…"

Talk about what you know
"I am aware that …, I know that…, It has been brought to my attention that…"

Talk about what you understand
"I understand you need…, I hear you …, I am aware of …"

Clarify
"Do you mean…, Tell me more about…, Could you describe…"

Reflect (mirror back)
"It sounds like…, You were…What happened was…"

Summarize
"So, for you, (state summary)."