

Suicide Prevention

Where to Find Help

If emergency, call **911**

Call **501-450-3138** for UCA

Counseling

After hours, Call **(501) 450-3111**

Click [HERE](#) for UCA Counseling site

10 FREE sessions per year

Sign up now!

Go visit - 3rd Floor of Student Health Center

Call **1-800-273-8255** for the 24/7

Confidential National Suicide

Prevention Hotline, or

text **TALK** to **741741**



UNIVERSITY OF
CENTRAL
ARKANSAS

You are NOT Alone

Depression and anxiety
common among college
students

Transitioning to college and
independence **IS** a big deal!

Pandemic is stressful



Don't be afraid to ask for help
**Simply talking to someone
can help you feel better**

Be Aware of the Warning Signs

- Talking about suicide
- Loss of hope
- Feeling like a burden
- Intense feelings of isolation
- Self-harm
- Drastic mood swings
- Unusual behavior changes
- Increase in risky behaviors



Take Care of Yourself and Others



Stay Connected! Call, Text, or Zoom

Avoid alcohol if feeling depressed

Take time to relax or meditate

Try a new hobby

Read or listen to music

Get good sleep

Try for 8+ hours each night

Get some sun! Go walking outside

Exercise in the HPER or your room

