

All right. Well, welcome everybody. I'm Susan Sobel. I am the director of the counseling center here at UCA. For those of you who may not know much about us, we are located in the Student Health Building on the third floor. So two floors up from where the Student Health Clinic is. And I'll describe a little more about our services at the end of the presentation. So Marvin Williams will be handling the chat room. But also if people do want and you can either ask a question or make a comment that way, or I will try and allow some time for people to say things verbally if they wish to do that as well. So thank you for attending. Hopefully you're going to get some good information about this. And hopefully everybody he's having an okay semester so far. I know this is one of the strangest ones. Probably one of the strangest experiences for many of us for a lifetime, much less a college career. So, a little bit about me besides what I do here. I have been a licensed psychologist for, yikes, about to date myself, close to 25 years now. I've worked in a lot of different settings. This one's my favorite, but I have also worked in community mental health centers, school-based mental health private practice. And I have taught as a professor. So quite a few different things. I've worked with children, families, adults, do a lot of work with trauma, anxiety, depression, which because they're very common and have dealt a lot with people struggling with suicidal thoughts. Some who've attempted and know of sadly a few completion. Sometimes the work involves helping people who've dealt with somebody they know, committing suicide. So you may or may not find it odd that I put up a picture of a very cute puppy with that saying for a presentation on suicide, there's a specific reason for that. This happens to be Suicide Awareness Month and I've actually had a couple of people doing interviews for different things, ask me, what are we doing for this month in particular, I sort of look at suicide prevention and awareness as an ongoing thing and starting way back at the beginning. So this phrase handle every stressful situation like a dog. If you can't eat it or play with it, just pee on it and walk away. Because if you notice, I don't think I've ever heard of a dog that has committed suicide. They take a very present focused approach to life, do what they can and leave the rest alone. So I think trying to address things as they come, address them early, talk to people, figure out how to cope with that sort of thing, will do a lot in terms of preventing suicide. If you wait until you feel like you're almost there, it makes it much harder. So that's the point about puppy being there. Okay, so to start with just some brief facts and stories, what I'm going to click on now should take us over to the, this is the American Foundation for Suicide Prevention organization. Their latest statistics. There we go they're from 2018, but they accumulate a lot of data. So what it shows you and this organization, by the way, has a lot of other good information and resources on their pages. In addition to this, but it's the tenth leading cause of death in the US. You can see that almost 50,000 people die by suicide in 2018. And there were over a million attempts. So this is a pretty big issue. And like I said, there's lots of other things that they have going on. One of the questions I was asked is if it seems like people being suicidal is going up with everything going on with the pandemic and the economy. And I think that may be a yes and no. In the work I've done, I've noticed one thing that tends to happen when we have major events like we've had is people sometimes go into survival mode where they're not wondering about whether their life is worth living so much, they're just kind of getting on with it. And some people have done that with this. Some people had done that, Many of you were either very small or maybe not even around yet when 2011 (911) happened, but they expected that to be accompanied by a lot of suicides and suicide attempts and that didn't really happen then either. Although that's a bit different in nature. However, I think we do need to be concerned. Mental health issues are definitely at the forefront. A lot of stress, a lot of anxiety going on with the pandemic, with the racial injustice, with the economic impact of the virus. So that I think is where we're going to need to be concerned because it's not going away either the virus itself and what it does to people or the impact

on the economy. And we do know that there, it's more likely to seem like suicides a good idea when you're really struggling with how am I ever going to get out of this? So I think we still need to be vigilant, but overall, we've not seen in the counseling center anyway, a surge of people coming in, thinking they're about to commit suicide or know somebody who's about to do that. So we'll just kinda try and take care of each other and Hope for the best. Okay, what I'm about to show you now is a video that was put together by North Carolina State about a year ago that share some stories of students there that I think is quite good. So hopefully everybody can hear that and the sound is going to work. So let's see here. I am going to try and get it to go full screen in a minute here. So I'm wondering why. There's nothing to say. I wasn't anybody. Just do it or not do it. I seem fine. But I I wasn't every single day. I mean, I felt like I was numb, felt a little bit like that empty empty feeling on the inside. But, people don't see that and they're not really looking for it. We want the drama that comes with it, but they don't want the actual problems to fix. Broken, hopeless. I was never going to escape the pain of all of the things and it was hard to feel like you're not in control of your life. That you're alive, that you're fighting this battle, and trying to develop who you are as a person. It's hard. I didn't have anything to do, and just not going to school. By the time I left the house. You know, I opened my mouth for the first time, my jaw was cracking. Looking because I hadn't actually said anything over the course of a week. I didn't feel like anybody was even there to experience that or would understand that? At the time I had a lot of struggles with family with my mom I was pushing a lot of my good friends away, I wasn't paying attention to who I was talking to, what I was doing, and what I was doing to myself. I've been dealing with bipolar disorder, undiagnosed at that point, and I was just feeling remarkably low. I was sexually assaulted in my undergraduate undergraduate studies. So that combined with my anxiety and my severe clinical depression I've been battling for, I don't even know how many years. Everything just kind of came to a head. I found myself drowning, like completely drowning. Everything from that week. There's just no roar. ... this roar of complete chaos. It would just be easier just to sleep. Not wake up, not getting in another fight with my mom and disappoint her, you know, not give another reason to tell myself oh you know, being the cause of this. I just started having this panic attack after fighting with the girl that I was dating, which turned into me sitting in the shower with a knife for Four hours. I was here on campus, you know I was having a complete meltdown I grabbed my exacto knife out of my backpack that I put into my wrist and... One of my friends actually bought the stuff for me that I OD'd on and was actually pushing them, that it would actually be a good thing. I was rushed to the hospital and I was I was pretty dead. I was pretty gone if it had been five minutes later or whatnot, I probably wouldn't be here. Just as I was about to do it someone knocked and startled me, and asked, "are you alright?" I paused for a second. No, I'm not fine. And that was the first time I really allowed myself to admit that I was not. The next step was to turn off the shower. Literally, jumped as far under the covers is occurred because I was freezing cold at this point. More than anything I was just thinking about my parents and her brother and actually my dog is how much I would miss them. I just wanted help then. But I just wanted someone to realize I need help, I need someone to talk to. The fear of disappointing the people you hold in high regard, it's just a huge weight that hangs over your head all the time, you're worried that if you tell them how you feel then they'll see all this darkness inside you. It's not easy to just come up to someone and say I want to kill myself, I want to die. I'm done with everything. Actually understanding when somebody wants to kill themselves it sounds completely different. It doesn't make sense. I sat down for a couple minutes with a therapist and my Mom, and I started saying things and the way that I needed to say it. And it was the first time that I'd been able to separate myself from the things that were inflicting me. Everything involves change of lifestyle, which is hard that's hard to adapt

to. But it's necessary. My mom, what would happen to her, and my friends at the time and effort into our friendships. What it would do to them? It just rips people apart, it doesn't help. You're not broke. You might be cracked, scuffed, scarred, but we're never broken. Your experience, as terrible as it is, has been gone through, you can work through it. But there are other people who will help you work through it. You know, the point is to create happy memories because they affect people around you. The things that you hate about yourself now, will someday be the things that you overcome, and that make you a stronger person. The ones that love you will keep you going. Don't give up. Fight as hard as you can. I am strong. I am worth it. I think everyone else around me is worth it too. And you have to start with yourself. By not addressing the issues that men and women are facing we are essentially putting them in a different room. Not offering them the support, the health that we should be. So that's why we talk about this. Okay? Alright, any comments I need to address or anything anybody wants to say before I continue? Ok. I'll take that as a no. I don't know if I'm ever going to get used to this zoom stuff or I can even see faces. Alright, so three college students who have experienced very painful things and decided to come out on the other side. And they say some important stuff there. Try and remember and what I'll mention this again. But when you're feeling overwhelmed, when you're feeling like there's no way anything can get better. That most really intense feelings we have they're transient, so they're not going to stay there forever. Okay. So what are some warning signs and risk factors as far as people being vulnerable to suicide. Some of the signs. You may talk about it. Somebody you know, may talk about it. It's kind of a myth that people won't talk about it if they're planning on doing it. Now all I'll myths or stereotypes or are based in some fact. So there are some people who will not talk about how bad their feeling or that they're planning on it. But a lot of people will, and they may say it directly or it may be, you know, I I wouldn't care if I didn't wake up tomorrow. But they will talk about it. Sometimes some of the ways we've seen it is people will put it in writing. And I've had professors call. Ask us, you know, do I need to be concerned. Somebody put in an assignment that they were feeling suicidal or were thinking about, you know, I'm not going to be here tomorrow. Have a plan, that sort of thing. And so yes, it's something you want to address. It also depends on whether it was a prompted response to something. Sometimes, if the assignment was tell me about the worst thing that ever happened to you and that's it. Well, so whereas as if it's kind of unscripted and just brought up, it may be a bit more concerning. But in various ways people will talk about feeling hurt or feeling like they think they might want to kill themselves, not be alive. One thing I wanna mention is it's what we call passive suicidal ideation versus active suicidal ideation. Many more people than you might think. Will have the thoughts about, I feel really awful I wouldn't mind if I didn't wake up tomorrow or this would just be easier if I was dead, if I was not here, I wouldn't be bothering people. Many of those people would never actually go through with it. And so that's what we call passive. It's there. But it doesn't involve the actual intent to follow through. It doesn't involve a plan, it doesn't involve gathering a way to do it, that sort of thing. And oftentimes it is in response to feeling very stressed or overwhelmed by something. So the passive suicidal ideation does not necessarily mean somebody is highly at risk. It's not something you want to ignore. But also keep in mind if you've had those thoughts or know somebody who's expressed those thoughts, it doesn't necessarily mean they are going to harm themselves. And the thoughts themselves cannot hurt you. It's only if you follow through with action where you start to get into, well, now we need to definitely check on the person immediately, that sort of thing. Because there's different levels of how we respond with this sort of thing. So know that the thoughts of I don't want to be here, this just doesn't seem worth it. They're actually more common than you would think. And in response to a lot of stress in and of itself, it doesn't mean that you are crazy or significantly a risk or that somebody needs to

go to the hospital right now. It's just something to check on. Okay, mood. The classic presentation, we think of somebody who is sad all the time. Crying, not interested in anything, has no motivation. But mood can also come in the form of somebody being very irritable or angry. And sometimes even if they have been either of the things I described and then start to become happier or see more content that can actually kinda be, oh, maybe we need to be on the lookout. Sometimes people can be so down and depressed. If they're in I can't do anything than they're actually less likely to harm themselves, which takes energy and action than somebody who may start to feel just better enough to think. All right, maybe I might want to follow through and not have to feel like this anymore. So extremes of mood, but it can be that classic sadness. It may be irritability. It may be starting to feel better when you have felt really bad. So there can be some emotional signs. The talk may reflect the mood about feeling hopeless. There just doesn't seem to be a future. What's the point? Nobody cares. Everybody would be better off. You may want to ask your loved ones if they agree with you on that, most of them would not. So, and then behavior, so the talking and the mood will have behavior that goes along with it. That may be, it might be the crying, it might be the anger outbursts, it might be the lack of doing anything. It might be engaging in really risky types of behavior. Some people actually will start to do stuff that has a fairly high chance of ending in them being dead. So it's not quite suicide, but it's suicide by risky behavior. Sometimes people who have gotten in altercations with the police don't refer to it as suicide by cop. They will push an altercations so far that the police are forced to shoot them. Different from excessive force. But that has happened. So people can actively commit suicide where that's clearly what it is. And other times it may seem more like an accident or provoked. They cause somebody else to do them significant harm. Other things, if you see behavior that is significantly different, than what you knew of the person, they may not be taking care of themselves very well anymore if they're not showering, not putting much effort into their appearance. Those are concerning signs. If they start giving away cherish things or saying or doing things that indicate that they're kind of saying goodbye to you. Those are some other things that may be an indication that somebody might be suicidal. And then of course, if it's an obvious gesture of harm. And there's also a some people will do cutting or other types of self-harm that has definitely physically hurtful to them, but it is not lethal. And there's a difference between, We call it non non-lethal self-injurious behavior and something that is actually a suicide attempt. An example might be sometimes people who cut you definitely are in a lot of emotional pain and that's something that needs to be addressed. But if they're cutting up in places where they're not very likely to hit something where you're going to bleed out. That would be the cutting, but it's not intending to harm you versus if you hit an artery or a vein or something where you could bleed out, that obviously is much more of a lethal thing. So. Alright, factors that can contribute. So if you have the signs that you're seeing or experiencing, these are some things that may be in a person's background that can contribute to them being more at risk than they might otherwise be. One of those. The three people that you heard talk, one of them said that he struggled with bipolar disorder. Another of the young ladies said she struggled with anxiety and depression. Having mental health issues. Definitely increases your risk of suicide for many although the primary ones are significant clinical depression, bipolar disorder schizophrenia is another one that, because it's such a hard disorder to live with and people lose touch with reality. So those can have a high risk of suicide associated with them. Now that said, not everybody who has those conditions is absolutely at risk for suicide. There's many more people struggling with anxiety and depression than there are people who are actively suicidal. And people can become suicidal without any history of mental health issues or significant health issues, physical health issues, that can be another one. People who deal with long-term, particularly debilitating it has a lot of negative effect

on your ability to live a good quality of life. They may also be at risk for suicide just because life is so difficult. And that can be particularly true if it is some sort of progressive illness that really takes away from people being able to do things that they want to be able to do. So those are risk factors. They're not guarantees. Environmental. Like I said. We see suicide, suicidal ideation, and attempts and completions go up when there are extreme events that happen in a person's life around them. It may be family or relationships, something that is very immediate. We've had people come in, they have experienced their first break up. Which first time you experience that when you're young, it's devastating and it does feel like you're never going to get past it. Get over it, ever feel better. So it can be something like that. It can be loss of a job, loss of another family member or close person. Something really important. Natural disaster. Like I said, 911. So terrorist attack. What's going on now. Just when people lose their sense of connection and purpose due to environmental things happening that can put them at risk for suicide, even in the absence of having any sort of mental health history. Just because things suddenly seem so overwhelming and insurmountable like not getting out of this tunnel any other way. Ok, another risk factor, if somebody has attempted suicide before or has a close family member or friend who has attempted or completed suicide that puts them at a greater risk for attempting again or actually completing. Because it somehow just seems like something that is reasonable to do. And once you've tried it, once, sometimes it can seem just that little bit, much easier to go through with it again. So those are all things that again put somebody at risk, but does not guarantee that that's where they're going to go. There's a lot of individual difference with people. Okay. Some other things and what I've listed before, is stuff that that's been around in the research for many, many years. Some newer things Okay, impulsivity. And that can tie into the feeling overwhelmed. But we know that if the more impulsive a person is, the more likely they are to do something that if you stopped and thought about it wouldn't seem like a good idea now or that possibly things might get better in the future. This is why, two things can be dangerous when you're struggling with something. The first one of those is substance use, particularly in an abusive level. Many suicide completions and a lot of attempts. There has been some sort of alcohol or other drug involved that the person was using, which again, just kind of gives you tunnel vision on finding any other way out of this situation. We know those things lower People's inhibitions as far as doing risky things including this. And the other one is if you have access to lethal means and you're impulsive. So one of the prime examples is firearms. And that's not to say that nobody should ever be allowed to own a gun. Many, many people do that responsibly. But if somebody is struggling and also if they have the substance use abuse in there and they have access to a firearm or something else that will be lethal for some people that might be a car, that ups the chance that you will commit suicide and succeed. And when they look at the differences oftentimes between attempts and completions. And for example, one of the research finding is that females on average attempt suicide more but males completed more. Males tend to use more lethal means. They're more likely to use a firearm, say then try and take a bunch of medication or other type of drug that would stop your body from operating. So impulsivity is an issue. Like I said, suicide is not always linked to mental illness. People who were doing just fine, particularly if they haven't struggled with a lot before, may have something absolutely devastating happen. And that's enough. We had very sadly, somebody who worked at UCA several years ago. Her precipitating factor was her divorce. And she ended up she killed herself. Very, very sad situation. Okay. Hopelessness and something we call psychache. I'll talk about the hopelessness first. So the hopelessness is again, most strong emotions are transitory. But sometimes people feel like things are hopeless. Their situation is not going to get better. Their feelings are not going to get better. The way they think is not going to get better. Having connections or sense of purpose is

never going to get better. The psychache was a term coined by a suicidologist who described it as it's kind of beyond the anxiety or the depression. Is that sense that I feel an extreme amount of emotional pain. I feel disconnected from people and this, and then we go into the hopelessness, it is not going to get better. So that's what the psychache is. It's kind of like a, a severe a potentially lethal physical injury. Psychologically, you're feeling like it's a potentially lethal psychological injury of some sort, that sense that this just is so intensely painful, I can't stand it and it's not going to get better. So the only way to solve this is to end my life. Okay, another one. We don't run into this with college students at all. This idea of perfectionism. Many of you in college are here because you're high achievers. You have goals. So you think you need to be perfect. You don't. Next thing because in there, yep. Another thing that happens on social media is great for many things. Going to comment on that more in a minute. But you look around at the people around you on social media or in person. And everybody else seems to have it together, doesn't seem to have problems going on. And whatever they're succeeding at, they make it look like they're doing it so easily or even if they may be, you know, there's some difficulty in their life. They look like they're managing it just fine. So there's this thing that I'm supposed to be able to get through life, get through difficult things, and I'm supposed to juggle all these things. I'm supposed to do school and I'm supposed to do work which many of you UCA do, and I'm supposed to have relationships and all of this is supposed to be easy for me to do. It appears effortless. That is a very dangerous line of thinking to get into because we're not perfect. And most people go through something nobody else can see. Looking at the outside, you don't know what other people are going through. If you're struggling, it's very likely that somebody else out there is too. But we know that, that sense of perfectionism, like impulsivity, if you combine that. Feeling bad for any length of time, those increase the risk of somebody being suicidal. Okay. So like I said, social media, how does this play in? Back with my parents, generation and me because I'm, I'm what they call a digital immigrant. I can remember before we had cell phones and before we had an internet and before we had social media. So I've had to learn all this stuff. So we'd send out Christmas cards and the occasional pictures of everybody looking happy. But so that popped up maybe around your birthday or Christmas. So twice a year you got to look at everybody else having the golden life when you feel like you're falling apart. Now it's like every hour of every day you can find this. Social media is great for a lot of things, particularly when we can't connect in person a lot like right now. But it's horrible for people's self-esteem in terms of a lot of people put up only the good moments, only the ones that make you look happy and pretty and successful. And you have to remember that is not the same thing as what's actually going on in people's day-to-day lives. Alright, am I getting any comments or questions yet? This check and I'm not, I can't see the chat. Alright, so how do you cope with this? Whether you have an ongoing mental health or health issue, whether you have a longstanding environmental stressor or whether something just happened. Remember I said at the beginning, the best way to prevent suicide is to deal with life's stresses from the beginning on a daily basis. So in general, self care is really important. They've talked a lot about that with Covid, it was important before. HEADS is kind of an acronym. I came up with it. So what head stands for is you need to take care of your physical health. College students are great at staying up late and try this, cram everything in and then not getting very good sleep. And diets are great because a lot of you still have wonderful metabolism so you can eat whatever you want and you don't have to worry about it. Some of, you know, maybe trying out the partying, that sort of stuff. So you may not be taking care of your health. You're like, I can worry about that later. Worry about it now. It's important to keep up fairly healthy habits. That's not to say that you can't have cheat days on this. But overall, you want to try and stay in good health, get in good health, whatever it is. If you have some sort of physical illness that's

chronic, manage it the best you can for maybe the first time in I don't know how long one thing Covid has done that's probably good, is if people are sick, they are generally staying home, which is what we kind of should've been doing all along. So so that's the H, is health, the E is exercise. That's part of how you help your health, is to keep your body moving and try and keep it strengthened. Keep your heart and lungs, keep the blood flowing to the brain, that sort of thing. It's also important for your mental health because we know those two are very connected. And you work out stress through physical movement. So if you are physically exercising, that actually is also helping your mental health. Working out the stress. It helps boost mood, that sort of thing. It doesn't have to be really intense. It does need to be consistent and regular. So if you can get it in, you know, 20 minutes, 30 minutes in an hour, something 15 minutes is better than nothing but try and get that in a few times a week. It doesn't have to be, like I said, intense. It can be walking. If you like the HPER. If you can get to that, if you feel safe getting to that. I admit I haven't gotten on a machine yet. I will go to the pool. So exercise is important. Diet, like I said. Enjoy food, enjoy junk food. I am not a proponent of cutting out all unhealthy stuff because I love chocolate. I like pasta, like ice cream, all of that. Just keep it in moderation and try and have a diet, what they call nutrient rich, that is going to fuel you because that's what food is. And, and drinks they're your fuel. So try and have that be fairly healthy. And then, the S is sleep. Like I said, college students are infamously bad at getting good sleep. But it is important because just like exercise helps your body and your brain. So to sleep, it's your recharge time physically and mentally. So if you can get 6, 7, 8 hours on a fairly consistent schedule, you're going to do better than if your snatching three or four hours and you go to bed at 1:00 AM, one night and 8:00 PM the next. So a naps if you can get him in. Probably not three hour ones if it keeps you up at night, but if you can get like a 30 minute to an hour nap, there's a lot of evidence that's helpful. So the self-care, all of those things are important in helping you feel more balanced. And then actually when the stressful stuff does come along, it doesn't seem quite as overwhelming. So another important thing, your support system, again Covid has made that very hard because we cannot connect with people like we want to. But if you don't have to have a lot of people in your support system. Some people like a lot of people around other people, they're good with say one or two. And sometimes it's pets. They're also very supportive. But have connections with somebody that you are able to just be with them on a regular basis, that you are able to go to somebody when you need to talk things out or when you need at this point it's a virtual hug. But when you need a hug, if you're fortunate in your bubble, you may have somebody they can still hug you. But support systems matter. That is part of that feeling connected, having kind of a sense of purpose. And like I said, a lot of people who are contemplating suicide think that they don't matter to anyone. Most of the time that is not the case. You matter very much to somebody who would be deeply affected. And if anybody has, have you ever had a friend or family member commit suicide, you know that it is deeply affecting. Okay, here's an equation to keep in mind that may help you as far as struggling. Happiness equals reality minus your expectations. Why is that important equation? People who are happy on average, or at least contents, feeling a sense of purpose. Their reality and their expectations are fairly close together. If your expectations are really high about perfectionism, that my life has to be pretty, and productive and perfect. And that's not your reality. You're not going to be very content. But if your expectations are, I sure hope I get this some of the time, but I know that's not always going to happen. You're gonna do better mentally in coping with what is sitting in front of you. So that's why the equation is important. So basically, to have a content, purposeful life. And I actually have read a couple of places that having vitality or that content, contentment and sense of purpose is sometimes better to strive for than happiness, because that's a little more nebulous, vague. And happiness often involves those things. So

strive for good things, have goals, have things you want to accomplish, but be okay if it doesn't work out. That probably just means you've got a chance to figure something else out at some other point. And frankly, and this can be hard to deal with, but acceptance plays a strong role and people being mentally strong, sometimes life is just going to suck. There's no way around it. Sometimes it sucks for a really long time, but just accepting that, okay, I can deal with this. I've got help to deal with this. And we're just going to pick up and move forward. Know your value, but don't overestimate it. This goes back into that perfectionism. And assuming that you are entitled to an easy, happy life because nobody is, and are there people who seem to have more advantages than others? Absolutely. This the past several months have been crystal clear on that. But that doesn't mean that anybody is entitled to those advantages. So know that you are valuable, you matter. But don't assume that this is something you have a right to or that, that because some people, almost seem offended if bad things happen to them. And it's like, well, nobody made you special enough that this wasn't going to happen. I don't know who told you that. Part of the problem there I think is we got into the whole self-esteem movement in the 70's and 80's and started pushing for people to never have to deal with difficult things. And that is not a good way to raise children, to go through life because then they do get that sense that I'm not ever supposed to suffer with anything or things aren't supposed to be difficult. And that simply is not the way life is going to work most of the time. So now your value, don't overestimate it. Skepticism is healthy. That goes back to the social media, that goes back to looking at somebody and assuming that they have it better than you do. That thing about if it seems too good to be true, it might be. So not that you necessarily want other people to suffer, but at the same time, don't assume that somebody is having nothing go wrong. That if they're projecting that absolutely everything is fine, that may not be the case. So be skeptical about that. But trust that you can cope with things and get through feeling just really awful and overwhelmed, just trust that you will get through that. But skepticism as far as social media, as far as marketing, we have, a capitalistic society. A lot of people have made a lot of money out of telling us that these things are going to make us feel better if we buy them. That's a good place to be skeptical. Figure out what really makes you happy. And a lot of times it doesn't take a lot of money. Okay. So when you are really struggling, there is just there's the everyday struggling with stress. I'm kind of having a rough time. There's the being at that point where you're really into stress in crisis, really feeling overwhelmed or you see somebody is, excuse me. One thing to do is assess yourself, somebody else. Try and stop and think what's going on. Ask a lot. That's another myth. If you ask somebody, if they're suicidal, that's dangerous, you're not going to suddenly put that idea in somebody's head and they're gonna think, Oh, that is something I should go do now. Chances are if they're feeling that bad, it's probably already occurred to them. And if you ask about it, that gives them a chance to open up and talk about it rather than holding it in. So you kinda have to determine is the person in distress, how much of a risk are they? Are they actively thinking about hurting themselves? Do they have a plan? Many people in the world are trained to do this. Many aren't that's not, you know, but generally not something they cover in orientation when you get your so if you're feeling like this is over my head, get help. Whether it's a friend, a family member, UCA's, faculty staff, police, counseling center, what have you. You can call if you don't have anybody immediately around you. The national suicide hotline, which is manned 24-7. Counseling center, we are here. We do still have walk-in hours. We are hybrid like the rest of the University, so we are seeing people in person. We are also seeing people over video. We have walk-in hours during our business hours, which are pretty much 8:00 to 5:30, and then 4:30 five days a week. After hours. If you call, you see APD and request a counselor on call, there is always somebody that would be available to do the assessment and try and help you plug in resources. For what you might



need you before I get to that one. We also do have now a psychiatric facility in town. I mean, that's the other thing is you can take take yourself or somebody else to an emergency room or Conway behavioral health in town. So if you feel like somebody really is at risk and you just you need to get yourself or somebody else past that hump where they're thinking there is no other way, those inpatient resources are available. So okay. Comments or questions? While you're thinking this last little bit and I'm not sure I'm gonna get the sound. I was struggling with that before. I apologize, but this is another kind of service thing put together by an organization called, to write love on her arms. Stay stay stay, stay, stay, stay. I was made for love, and the meaning it gave me. Stay. I was made for the great experiences of life. I was made for trying to write songs that my mom would like. I was made to be a sister and a friend to my five siblings. I was made to be a daughter, a sister, a wife, and a mom. Allow them to be curiously kind and relentless in general. For experiencing wonder and awe at the world that we live in. My family, my friends, my husband, my son. I was made for sunsets, and the vision is to come. I was made for a second chance. I was made for so much more that my darkness ever wanted me to believe. I was made to play, I was made to learn, I was made to laugh. I was made for being dogs best friend. Positivity. Craftiness. For reigniting the flame inside of me. To oversee lives and holding the hands of those in crisis. I was made to be a husband someday. I was made to see the world. To be a daughter and sister. Stay. I was made for change. I was made for inspiring someone else to follow their dreams. For melody, for rhythm, for harmony, for mistakes. Stay. I was made for my little boy. Stay and rest. Stay and see things change. Stay to love and be loved. Stay to be surprised. Stay and sing your songs. I was made to remember that despite the mission, I will change. I am going to stay. I was made for a reason, I don't really know what it is yet, but I'm going to be here to find out. Okay. That's it. Thank you, everybody.