

SUICIDE ATTEMPT

A suicide attempt follows a suicide crisis and is any action taken in an effort to end one's life. Suicide attempts vary greatly in lethality, but any attempt must be taken seriously, especially as those who have a serious attempt are much more likely than others to attempt or complete suicide in the future.

SIGNS TO LOOK FOR:

- **Person seems excessively sedated, drugged, or disoriented.**
- **Person cannot be aroused from sleep.**
- **Visible signs of injury (cuts on arms or red marks/bruises on the neck).**
- **Empty medication bottles, weapons, or other means of suicide are present.**



WHAT TO DO:

If an attempt is in progress:

- **Remain calm.**
- **If in Syracuse, notify University Police immediately at 315-464-4000.** They will arrange for emergency medical transportation to University Hospital and notify **Student Health and Student Counseling** for follow-up care. **If in Binghamton, call 911.**
- **Do not leave the person alone** until help is available.
- **In Syracuse, notify the Dean of Student Affairs** (315-464-4816) and **in Binghamton, notify the Director of Student Affairs** (607-772-3532). The Dean of Student Affairs will notify appropriate offices and individuals as needed.