



**There is hope, there is help!
Suicide is Preventable!**



 **NORTHWESTERN STATE**
Counseling and Career Services

If you or someone you know are experiencing suicidal symptoms, thoughts, or behaviors, please contact us:

**Northwestern State University
Counseling and Career Services**

(318) 357-5621

NSU After 5:00pm Crisis Line

(318) 357-5431

(NSU Police will contact counselor)

NSU Cares
Because
YOU
Matter



**National Suicide Lifeline
988**

**Counseling and Career Services
Sylvan Friedman Student Union, Rm. 305
(318) 357-5621**



NSUCares
Because YOU Matter

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Campus Suicide Prevention Grant | SAMHSA

Northwestern State University does not discriminate on the basis of race, color, gender, religion, sexual orientation, national origin, disability, genetic information, age, pregnancy or parenting status, and veteran or retirement status in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The following individuals have been designated to handle inquiries regarding non-discrimination policies (i.e., Title IX): Employees/Potential Employees—Veronica M. Biscoe, EEO Officer (318-357-6359) and Students—Frances Conine, Dean of Students (318-357-5286). For Americans with Disabilities Act (ADA) concerns, contact the Disability Support Director, Catherine Fauchaux, at 318-357-4460. Additionally, Northwestern complies with the Jeanne Clery Disclosure of Campus Security Policy & Campus Crime Statistics Act. Information about NSU's campus security and crime statistics can be found at <http://universitypolice.nsula.edu/annual-security-report/>. Full disclosure statement: <http://universityplanning.nsula.edu/notice-of-non-discrimination>.

The purpose of NSU Cares is to create a prevention-prepared campus community in which suicide completion becomes a “never event” at Northwestern State University. Aligned with the National Strategy for Suicide Prevention (2012) and based on best practice recommendations within SAMHSA’s Best Practices Registry, the goals of this project focus on creating a system and safety net for students, in addition to a culture of caring, wellness, and hope.

Mental illness is a health condition that causes changes in a person’s thinking, mood, and behavior. Among those who are 18-25 years old, the prevalence of serious mental health conditions is high, yet this age group shows the lowest rate of help-seeking behaviors.

NSU Cares has four main goals:

- 1 Increase the unity of mental health services with other departments/agencies within the university setting and within the community in order to promote the message that suicide prevention is everyone’s responsibility;
- 2 To provide gatekeeper training to the campus community in order to recognize, approach, and refer students who are in distress;
- 3 To provide online training, outreach and support to both online and face-to-face students, faculty/staff, and families of students through educational seminars designed to educate participants on suicide, as well as other mental/behavioral health issues, reduce stigma, and encourage help-seeking; and
- 4 Increase help-seeking behavior among students by creating a culture of caring, wellness, and hope.

You don’t have to have all the answers.

If you are worried about the well-being of someone in your campus community, or if you are observing behaviors that make you feel unsafe, then you will find helpful contacts and resources on this website.

<https://www.nsula.edu/nsucares>

The University Counseling Center’s professional staff provides confidential career counseling and career development services, counseling and outreach services, and part-time employment services free of charge to all NSU undergraduate and graduate students. Students can call (318) 357-5621 or come by the office in room 305 in the Freidman Student Union Building to make an appointment.

A 24-hour crisis service is available for students who are in crisis. Call the office of Counseling and Career Services or drop by the office during the hours:

8 a.m. - 5 p.m., Monday – Thursday and
8 a.m. -12 p.m. on Friday.

To speak to a counselor after office hours and on weekends call University Police at 357-5431 and a counselor will be contacted for you.

