



L.I.V.E.

*An Intervention Strategy
for Distressed College Students at*



ALVIN COMMUNITY COLLEGE

The following prevention strategy was developed by ACC Counselors for faculty and staff

L. I. V. E.

Listen to individual

Incomplete and ask questions about how they are feeling (ask about suicide)

Verbally express your concern

Escort or refer student immediately to a counselor on campus

TAKING ACTION:

When immediate intervention is needed, use the L.I.V.E. strategy and if possible, escort the student to an ACC Licensed Mental Health Professional located in Building A - Advising Services.

In situations of concern that do not pose imminent danger, it is recommended that instructors call and consult with a counselor or request that a counselor contact the student. Other resources include the Director of Advising Services, Stephanie Stockstill or off-campus resources.

Evening and weekend emergency counseling assistance is available by contacting the ACC Campus Police Department - 281.756.3700. Officers can provide emergency assistance and notify an ACC counselor or off-campus resources.

Counseling Services:

Advising Services employs counselors who can assist students with issues that may negatively impact academic success. Counseling services include referrals to community resources, academic counseling, disability counseling, career counseling, crisis intervention and, short-term personal counseling. Consultation and referrals are kept confidential.

Information adopted from Shippensburg University, Helping Distressed Students; University of Maryland's Recognizing the warning signs of suicide in college students and many numerous college webpages on suicide warning signs.

Warning Signs of a Distressed and Suicidal Student

Today's students face a large amount of stress and anxiety. Suicide is the second leading cause of death of college students (behind automobile accidents).

Sometimes there are warning signs....

Changes in behavior	Good students who suddenly start ignoring assignments and missing classes may have problems, including depression or drug and alcohol abuse which can affect their health and happiness and put them at risk of suicide.
Changes in appearance	Significant changes in weight, eating or sleeping patterns or social interaction may indicate that something is wrong.
Talking about suicide	Any talk about suicide, dying, or self-harm, such as "I wish I hadn't been born," "If I see you again..." and "I'd be better off dead."
Seeking out lethal means	Seeking access to guns, pills, knives, or other objects that could be used in a suicide attempt.
Preoccupation with death	Unusual focus on death, dying, or violence. Writing poems or stories about death.
No hope for the future	Feelings of helplessness, hopelessness and feeling trapped in situations. College students may be physically or emotionally abused by a member of their family or in a terrible relationship. Signs that a person may be in an abusive relationship include unexplained bruises or other injuries that he or she refuses to discuss. "There's no way out". Belief that things will never get better or change.
Self-loathing, self-hatred	Feelings of worthlessness, guilt, shame, and self-hatred. Feeling like a burden "Everyone would be better off without me".
Getting affairs in order	Making out a will. Giving away prized possessions. Making arrangements for family members.
Saying goodbye	Unusual or unexpected visits or calls to family and friends. Saying goodbye to people as if they won't be seen again.
Withdrawing from others	Withdrawing from friends and family. Increasing social isolation. Desire to be left alone. Students who don't have friends, or suddenly reject their friends, may be at risk. A friend who suddenly rejects you, claiming, "You just don't understand me anymore," may be having emotional problems. Difficulty in adjusting to sexual orientation or gender identity. Gay, lesbian, bisexual, and transgendered students have higher suicide attempt rates than their heterosexual peers.
Self-destructive behavior	Increased alcohol or drug use, reckless driving, unsafe sex. Taking unnecessary risks as if they have a "death wish."
Sudden sense of calm	A sudden sense of calm and happiness after being extremely depressed can mean that the person has made a decision to commit suicide
Expressing rage or revenge	Showing rage, or talking about seeking revenge for being victimized or rejected, whether or not the situations the person describes seem real.

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