Suicide Prevention Program

What if I am having thoughts of hurting myself?

DO NOT REMAIN ALONE. Reach out to your family, a trusted friend, or a fellow shipmate. Having suicidal thoughts does not make you “psychotic” or “insane.” Being upset, grief-stricken, depressed, or even in disrepair are all NORMAL emotions that everyone can relate to.

What if I know someone contemplating suicide?

Warning signs of suicide are not always obvious. If you believe your shipmate might be in trouble, ACT:

☐ ASK if someone is thinking about suicide.
☐ Let them know you CARE.
☐ Get them TREATMENT as soon as possible.
☐ Life counts!

Does ASU offer counseling services?

Yes, ASU offers counseling services that are available 24/7. ASU Counseling Services offers confidential, personal counseling and crisis services for students experiencing emotional concerns, problems in adjusting, and other factors that affect their ability to achieve their academic and personal goals.

Where can I find spiritual or faith counseling on ASU Campus?

Spiritual counseling is available on each ASU campus from various religious organizations and are listed at the following website:

https://eoss.asu.edu/religiouslife

Contacts & Resources

☐ Life-threatening emergencies: Dial 9-1-1
☐ ASU Counseling Services
  Monday–Friday 0800-1700
  Tempe: (480) 965-6146
  Polytechnic: (480) 727-1255
  Downtown: (602) 543-8125
☐ 24-hour ASU Crisis Hotline
  (480) 921-1006
☐ ASU Police Department
  (480) 965-3456
☐ Military Crisis Line
  1-800-273-8255 Press 1
  Text 838-255
  www.veteranscrisisline.net
☐ ASU Religious and Spiritual Life
  https://eoss.asu.edu/religiouslife

References

☐ OPNAVINST 1720.4A, Navy Suicide Prevention Program
☐ MCO 1720.2, Marine Corps Suicide Prevention Program (MCSPP)
☐ ASU Counseling Services
☐ American Association for Suicidology
  www.suicidology.org
☐ American Foundation for Suicide Prevention
  www.afsp.org