



WPUmatter



Suicide Prevention...U Can Make a Difference

U Can CARE.

Know the urgent warning signs of suicide:

- Talking or writing about suicidal thoughts, plans or intentions
- Seeking or having access to self-destructive means

These are potential emergencies. Call and get help immediately.

Other warning signs of concern:

- Significant mood change
- Feelings of hopelessness
- Impaired sleep
- Increased drug or alcohol abuse
- Agitation and restlessness
- Stops attending classes/work
- Social withdrawal

U Can

COMMUNICATE.

- Take warning signs seriously.
- Ask: “Are you thinking of killing yourself?”
- If someone verbalizes any suicidal thinking or you have concerns, call us to help U.



Counseling, Health &
Wellness Center

U Can

CONNECT.

Consultation & Referrals

**Counseling, Health & Wellness Center
Overlook South**

973-720-2257

On Campus Emergencies:

Campus Police

973-720-2300

Off Campus Emergencies:

911

Community Resources:

**CALL US 1-855-NJ-HOPELINE (654-6735)
NEW JERSEY HOPELINE**