



**HAPPENS**  
**LIFE HAPPENS**  
getting help is a good thing

Special thanks to the University of Wisconsin at Osh-Kosh who provided this information for Southern Miss. This brochure was developed under grant number SM57492 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS).

stressfulness troubled life  
troubled

## Is someone you know: Stressed out? Worried about the future? Ready to give up? No one is alone....How can you help?

- ❖ Be honest and express your concern
- ❖ Believe them
- ❖ Ask directly about thoughts of suicide
- ❖ Find help
- ❖ Listen and offer support, understanding, and patience
- ❖ Do not try to convince them to think otherwise
- ❖ Offer to accompany them to see a counselor
- ❖ Stay with them until he or she is linked to help

### STRESS, DEPRESSION AND ANXIETY DON'T DISCRIMINATE.

They can affect any age, ethnicity, social standing, gender or sexual orientation. You may find that stress, anxiety and depression can cause:

- Difficulty concentrating on your studies
- Difficulty having fun or being with friends
- Changes in eating and sleeping
- Low energy and motivation
- Agitation, guilt and anger
- Feelings of sadness and nervousness
- Hopelessness, helplessness and tearfulness
- Physical pain, concerns or ailments

Sometimes it can feel overwhelming.

### MANY SITUATIONS CAN CAUSE STRESS, DEPRESSION OR ANXIETY.

Common triggers for stress and depression:

- Failing a test
- Ending a relationship
- Parents divorcing
- Loss of a loved one
- Dating or domestic violence
- Experiences of not fitting in
- Ongoing incidents with racism or heterosexism
- Losing a job

At times like these people can feel overwhelmed. It's at times like these we really need someone to talk to.

The University Counseling Center offers free and confidential counseling.

### SOMETIMES STUDENTS STRUGGLE WITH THOUGHTS OF SUICIDE.

If you are feeling or thinking:

- Life isn't worth living
- There is no end to your pain
- You can't see a way out
- You are thinking of ways to end your life

You don't have to suffer through this alone. It's OK to seek help.

If you or a friend is feeling unsafe, please do one of the following:

Go to the nearest emergency room.

Call 911.

Call University Police at 266-4986.

Call 601-818-6352 for Counseling Center assistance after business hours.

Call the National Suicide hotline at 1-(800)-273-8255.

To learn more about the Southern Miss University Counseling Center please call (601)-266-4829 or visit [www.usm.edu/counseling/index](http://www.usm.edu/counseling/index).

The Counseling Center is located on the 2<sup>nd</sup> floor of Kennard-Washington Hall, Room 214 at the Hattiesburg campus.

