

SUICIDE

Taking precautions against suicide

by Erin Lawson
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Suicide was reported as the third leading cause of death in the United States, among people between the ages of 15 to 24. Suicide is also the number one cause of death for college students, due to untreated depression or mental illnesses.

College sometimes causes students to feel confused, lonely, anxious, stressed, with a lot of times the reason being unclear. However, there is a major transition involved.

"One of the more difficult things for freshmen is that they've been at the top of their high school classes and they come to college and start getting C's and worse," said Alan Glass, a member of the American College Health Association. "That can be a real shocker for students used to getting straight A's."

This could lead to the depression which may cause their suicidal mindset.

The American College Health Association Assessment was a survey used for college students at two and four year institutions. The survey found that nearly 30 percent of college students reported feeling so depressed that it was difficult to function, giving these students more of a challenge than they were used to.

Even with the things they start dealing with more and more, it finds a way to be heightened by common occurrence during their college experience, such as substance abuse.

It is common for someone who is depressed in college to use drugs or alcohol to relieve their symptoms.

It is a lot easier for someone's problems to go unnoticed while at college, because students are not necessarily under the watchful eyes of their loved ones. Family members and close friends can point out when something is not right more often.

However, some college students can relate to others better than one's parents can. That's when warning signs come into play, and should be immediately addressed when noticed. Even if you don't know how to help, go to someone who you think does.

Even the government is doing its role to prevent suicide incidents within colleges, even in the state of North Carolina.

The Garrett Lee Smith Memorial Act (GLSMA), a total of \$31 billion was awarded in 2004 to be spent by colleges and institutions over a five year period to help raise awareness about youth suicide within for colleges and universities. 55 colleges and universities received grants through GLSMA.

In 2008, North Carolina was granted \$1.3 million for a three year period.

The three year grant expired Sept. 29 of this year, and the state was granted an additional three years of funding to raise awareness about suicide on college campuses.

FSU students, if you or someone you know is suffering from depression or has contemplated suicide, contact someone in the department of personal development. There are trained counselors who specialize in treating students.



Voice photo by Eldon Alford Jr.