

a single word that revives
both you and me

SUICIDE PREVENTION GUIDEBOOK



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대학생활문화원

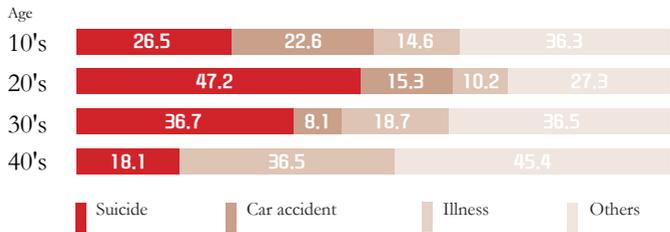
Center for Campus Life & Culture

<http://snucounsel.snu.ac.kr> 02-880-5501
24-HOUR HOTLINE **SNU Call** 02-880-8080

FACTS ON SUICIDE

Q. WHAT IS THE NO. 1 CAUSE OF DEATH FOR PEOPLE IN KOREA?

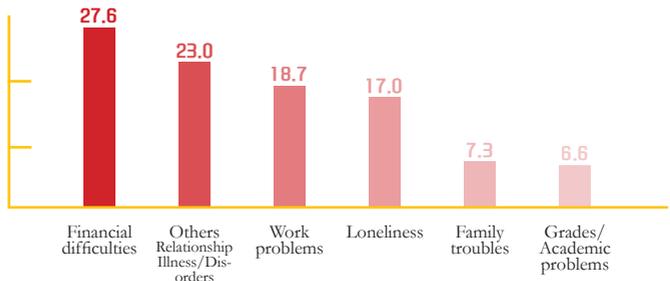
SUICIDE,
THE NO. 1 CAUSE
OF DEATH
FOR PEOPLE
BETWEEN THE
AGES 10 AND 30



South Korea has the highest suicide rate among the OECD countries. Every 34 minutes, one person commits suicide. That only the mentally ill commit suicide is a complete myth. **Suicide can happen to anyone.**

Q. WHY DO PEOPLE IN THEIR 20'S COMMIT SUICIDE?

SUICIDE CAN
"HAPPEN"
FOR VARIOUS
REASONS



In 2012, 10% of young adults in their 20's reported that they had considered committing suicide at least once throughout a year. Many tend to contemplate suicide when they are faced with various difficult life events and psychological problems.

CHARACTERISTICS OF SUICIDE

1. A SUICIDAL CRISIS CAN BEGIN WITH A TRIVIAL STRESSOR

Causes of suicide include ordinary stressors such as parting with a significant other, work failure, financial troubles, physical illness, or fatigue.

2. A SUICIDAL PERSON IS HESITANT/UNSURE ABOUT ENDING HIS OR HER LIFE UNTIL THE VERY LAST MOMENT

Even after firmly deciding to commit suicide, people typically feel ambivalent or fearful about death, think about the consequences of death, and look for reasons to live until the very last moment.

3. MOST PEOPLE ATTEMPTING SUICIDE SEND WARNING SIGNALS

80% of people who attempt suicide communicated their suicidal intent either directly or indirectly by saying that they want to die or by giving out their valuable possessions to others.

UNDERSTANDING SUICIDE

LET'S TRY TO UNDERSTAND THE PROCESS OF SUICIDE THROUGH A SUICIDE CASE.

Jay only gave short answers and did not react much. To his close friends, he often said, "I have no hope. I am a failure." He frequently consumed alcohol alone. At last, Jay's girlfriend broke up with him saying that she sees no future in the relationship. One early morning, Jay cut his wrist. He was drunk and had left a text message saying "Thank you for everything you have done for me and I am very sorry."

28-year-old student Jay was still attending college and had been studying for national examination (go-si) for six years. Due to family's financial situation, Jay had been working at a local grocery store since about a year ago. Because Jay had to support himself financially, the time he spent on his studies had gradually decreased. Recently, Jay failed to pass this year's examination again. He came to class in clothes shabbier than usual, and sat with a blank look on his face. When others tried to start a conversation,

CLOTHES SHABBIER THAN USUAL, BLANK LOOK ON THE FACE, NOT SOCIALIZING WITH OTHERS, SAYING "I'M A FAILURE," AND "THANK YOU FOR EVERYTHING YOU'VE DONE FOR ME" ARE ALL WARNING SIGNALS OF SUICIDE. WE CAN PREVENT SUICIDE WHEN WE ARE AWARE OF THESE SIGNALS AND PROVIDE PROFESSIONAL HELP.

CHARACTERISTICS OF PEOPLE AT RISK OF SUICIDE

URGENCY SIGNALS

Past history of suicide attempt(s)

Possession of tools for suicide or a suicide note

Difficulties in life such as a recent death or illness in family



**RISK INCREASES WHEN COMBINED
WITH OTHER SYMPTOMS**

BEHAVIORAL SIGNALS

Displaying behaviors different from usual

- giving out valuable items
- writing letters to others
- frequently being unexpectedly late or absent

Trying to improve unsatisfactory relationships and settle one's affairs

Showing noticeable decrease/increase in biological needs (for food, sleep)

Showing excessive interest in 'death'

VERBAL SIGNALS

Often talking about one's intent to commit suicide

Direct expression 'I want to die'

Indirect expression

'I'm tired of living like this,'

'I have no strength to live on.'

Joking about suicide or writing posts related to suicide on SNS

Expressing guilt about death of a family member or expressing wish to reunite with the member

EMOTIONAL SIGNALS

Being extremely depressed, anxious, or exhausted

Suddenly feeling calm and comfortable after being extremely anxious and restless

Being low in spirits and emphasizing meaninglessness of one's life

Strongly wanting to get punished for one's wrong doing

Avoiding interpersonal relationships and showing grim face

Showing decreased interest in activities that one used to enjoy

CHECKING FOR A SUICIDAL CRISIS

1. WHEN YOU BECOME AWARE OF A STUDENT'S PSYCHOLOGICAL CRISIS, ASK THE FOLLOWING QUESTIONS

ASK ABOUT DIFFICULTIES IN DAILY LIFE

"Is there any trouble at school?"

"It looks like you are having a hard time. Can you tell me what it is?"

If you sense trouble even when the person says nothing's wrong, you can say "Let me know if you are having a hard time later. It might help to visit the school counseling center."

2. WHEN YOU BELIEVE A STUDENT IS IN A DIFFICULT SITUATION, CHECK TO SEE IF HE/SHE HAS SUICIDAL THOUGHTS

CHECK IF THE STUDENT WANTS TO DIE

"Some people contemplate death when they go through hard times. How about you?"

"I'm worried that you might be thinking about killing yourself."

When the student confides that he/she is going through hard times but has no suicidal thoughts, inform him/her about **SNU CALL HOT LINE (880-8080)** and recommend individual/group counseling services at the **CENTER FOR CAMPUS LIFE & CULTURE**.

3. IF THE STUDENT HAS 'SUICIDAL THOUGHTS,' CHECK TO SEE IF HE/SHE HAS A 'SUICIDE PLAN'

ASK ABOUT A SUICIDE PLAN

"Do you have a specific suicide plan?"

"Do you have tools for suicide (pills, rope, etc.) in possession?"

If the student has suicidal thoughts without any action plan, let him/her know that it is a 'psychological crisis' in itself, and inform him/her about **SNU CALL HOT LINE**.

4. IF THE STUDENT IS PLANNING SUICIDE, REQUEST PROFESSIONAL HELP FROM A COUNSELING CENTER

REQUEST FOR PROFESSIONAL HELP

SNU CALL HOT LINE (880-8080),
CENTER FOR CAMPUS LIFE & CULTURE (880-550 1)

"I'm requesting help for a student going through a psychological crisis"

DEALING WITH A SUICIDAL STUDENT

COMMUNICATING IN TIMES OF A SUICIDAL CRISIS

DO!

- Listen to their stories, and focus on what they are feeling instead of on their situation.
- Communicate your concern and a sincere wish to help.
- Persuade the student that suicide is not the only way out of present sufferings, and tell him/her to postpone his/her decision for a while.
- Instead of trying to provide help on your own, request additional help from family, co-workers, friends, and professional counselors.

DON'T!

- ✗ Refrain from judging the adequacy of feelings. This may trigger feelings of being misunderstood.
ex) *"Why would you think about dying for that kind of problem?"*
- ✗ Do not try to win an argument about suicide. This may make the student feel as if his/her difficulties are denied.
ex) *"You should just live on if you have the courage to kill yourself."*
- ✗ Do not give an unrealistic conviction that "everything will be all right" or offer a simple solution. The student will become discouraged again once the solution fails.
- ✗ Do not provide confidentiality. It's not easy helping a person with a suicidal crisis all alone. It would be helpful to let close friends and family know about the student's risk.

EMOTIONAL CRISIS

EMOTIONAL CRISIS

GOOD CONVERSATIONS

- "It must have been really difficult if you thought about suicide. I'm getting a bit worried to hear that though. I want to hear more about your struggles. When did you first think about suicide?"
- "You must really think that death is the only solution to your problems. Isn't there any other way out?"
- "It won't be easy to get rid of your thoughts about suicide right away, but let's think about how you can overcome your difficulties together."
- "The situation must seem hopeless. But I'm sure there is hope. There must be something we can do. Let's do it together."

THE MOST IMPORTANT THING IS TO SIMPLY STAND BY THE PERSON, AND SINCERELY COMMUNICATE YOUR INTENT NOT TO GIVE HIM/HER UP IN ANY CIRCUMSTANCES.

NOT GOOD CONVERSATIONS

- ✘ "You are not thinking about killing yourself, right?"
- ✘ "Don't die. Everything's really over when you die. What is wrong with you?"
- ✘ "Nothing will change even if you die. People with greater difficulties than you live on well."
- ✘ "I totally know what you are going through. So calm down."
- ✘ "Things will get better tomorrow morning."
- ✘ "Everything will be fine again if you pass through this crisis. You can do it, right?"

AFTER A SUICIDAL CRISIS

TO A PERSON WHO HAS ATTEMPTED SUICIDE

- Let him/her know honestly that you are relieved that he/she is still alive and that you are worried about him/her
- Carefully listen to his/her difficulties and how that made him/her feel
- Once you become aware of the failed suicide attempt, let the student's parent, professors, and the dorm director or RA know
- Help him/her to get adjusted back to his/her daily life after overcoming the suicidal impulse

IN CASE OF LOSING SOMEONE YOU KNOW BY SUICIDE

- Call 119 and inform the school authority
- Contact the school's counseling center (like the Center for Campus Life & Culture) to receive help for the trauma and loss
- When you are overwhelmed by sadness and shock, take time to be mindful of your emotions and wait patiently for the emotions to gradually pass away
- When experiencing physical, psychological suffering due to the loss and shock, receive counseling as soon as possible to prevent deterioration

| | | | |
|---|----------------------------------|---|------------------------------------|
| ON CAMPUS | EMERGENCY (24 HOURS) | SNU CALL | 02-880-8080 |
| | | CAMPUS POLICE | 02-880-8112/8119 |
| | | SCHOOL HEADQUARTER NIGHT DUTY | 02-880-5182 |
| | | GWANAKSA (DORMITORY) NIGHT DUTY | 02-881-9043 |
| | PROFES- SIONAL COUNSELING | CENTER FOR CAMPU LIFE & CULTURE | 02-880-5501 |
| | | SNU MENTAL HEALTH CENTER | 02-880-5347 |
| | | GWANAKSA (DORMITORY) COUNSELING CENTER | 02-880-7979 |
| | | COLLEGE OF HUMANITIES COUNSELING CENTER | 02-880-6084~5 |
| | | DEPT. OF ELECTRICAL ENGINEERING COUNSELING CENTER | 02-880-1777 |
| | | ENGINEERING STUDENT COUNSELING CENTER | 02-880-1716~7 |
| | | SCHOOL OF LAW STUDENT SERVICES CENTER | 02-880-2600 |
| | | COLLEGE OF MEDICINE COUNSELING CENTER (YONGON CAMPUS) | 02-740-8110 |
| | | SNU HUMAN RIGHTS CENTER | 02-880-2421 |
| | | OFF CAMPUS | EMERGENCY CONTACT (24 HOURS) |
| GWANAK POLICE STATION | 112 / 02-876-4400 | | |
| SUICIDE PREVENTION CENTER HOTLINE | 1577-0199 | | |
| LIFELINE KOREA | 1588-9191 | | |
| HELLO CALL 1388 (FOR ADOLESCENTS) | 02-1388 | | |
| EMERGENCY MEDICAL SERVICE (24 HOURS) | BORAMAE MEDICAL CENTER | | 1577-0075 |
| PROFES- SIONAL COUNSELING | HEALTHY FAMILY SUPPORT CENTER | | 02-883-9391/9399 |
| | KOREA WOMEN'S HOTLINE | | 02-2263-6464~5 |

SCALE FOR SUICIDAL IDEATION

01 Wish to live

- 0 moderate to strong
- 1 week
- 2 none

02 Wish to die

- 0 none
- 1 week
- 2 moderate to strong

03 Reasons for living/dying

- 0 for living outweigh for dying
- 1 about equal
- 2 for dying outweigh for living

04 Desire to make active suicide attempt

- 0 none
- 1 week
- 2 moderate to strong

05 Passive suicidal desire

- 0 would take precautions to save life
- 1 would leave life/death to chance
- 2 would avoid steps necessary to save or maintain life

06 Duration of suicide ideation/wish

- 0 brief fleeting periods
- 1 longer periods
- 2 continuous (chronic) or almost continuous

07 Frequency of suicide ideation

- 1 rare occasional
- 2 intermittent
- 3 persistent or continuous

08 Attitude toward ideation/wish

- 0 rejecting
- 1 ambivalent indifferent
- 2 accepting

09 Control over suicidal action/acting-out wish

- 0 has sense of control
- 1 unsure of control
- 2 has no sense of control

10 Deterrents to active attempt (e.g.: family, colleagues, thought that I won't be able to live again, etc.)

- 0 would not attempt because of a deterrent
- 1 some concern about deterrents
- 2 minimal or no concern

11 Reasons for contemplated attempt

- 0 to manipulate the environment; get attention or revenge
- 1 combination of desire to manipulate and to escape
- 2 escape surcease solve problems

12 Method: specificity or planning of contemplated attempt

- 0 not considered
- 1 considered but details not worked out
- 2 details worked out and well-formulated

13 Method: availability or opportunity for contemplated attempt

- 0 method not available or no opportunity
- 1 method would take time or effort; opportunity not readily available
- 2 method and opportunity available

14 Sense of “Capability” to carry out attempt

- 0 no courage, too weak/afraid
- 1 unsure of courage or competence
- 2 sure of competence courage

15 Expectancy/anticipation of actual attempt

- 0 no
- 1 uncertain
- 2 yes

16 Actual preparation for contemplated attempt

- 0 none
- 1 partial (e.g.: started to collect pills)
- 2 completed (e.g.: collected pills)

17 Suicide note

- 0 none
- 1 started but not completed; only thought about
- 2 completed

18 Final acts in anticipation of death

- 0 none
- 1 started but not completed; only thought about
- 2 completed

19 Deception or concealment of contemplated suicide

- 0 revealed ideas openly
- 1 held back on revealing
- 2 attempted to deceive conceal or lie

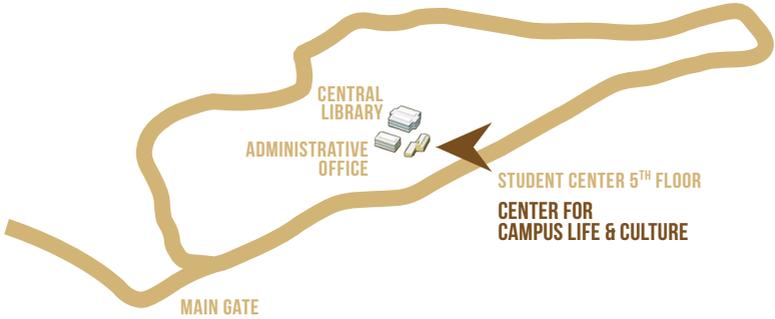
Source : Beck’s Scale for Social Ideation **SSI**

*** ADD THE NUMBERS YOU HAVE CHECKED TO GET YOUR TOTAL SCORE. THE POSSIBLE SCORES RANGE FROM 0 ~ 38.**

| HIGH SCHOOL STUDENT | COLLEGE STUDENT | ADULT | INTERPRETATION GUIDE |
|---------------------|-----------------|----------|---|
| 16 ~ 19 | 14 ~ 17 | 9 ~ 11 | Greater suicidal ideation compared to the age group |
| 20 ~ 23 | 18 ~ 21 | 12 ~ 14 | Significantly greater suicidal ideation compared to the age group |
| ABOVE 24 | ABOVE 22 | ABOVE 15 | Much greater suicidal ideation compared to the age group |

professional counseling needed

SEOUL NATIONAL UNIVERSITY CENTER FOR CAMPUS LIFE & CULTURE



| | |
|-----------------|--|
| LOCATION | Student Center (Building #63) 5 th Floor |
| HOMPAGE | http://snucounsel.snu.ac.kr |
| E-MAIL | counsel@snu.ac.kr |
| PHONE | 880-5501 (Reception) 880-5495 (Admin Office) |
| ADDRESS | 151-742 Gwanakgu Gwanakro 599 Student Center, 5th Floor, SNU Center for Campus Life & Culture, Seoul, South Korea |
| HOURS | Mon-Fri / 9am~6pm |

24-HOUR HOTLINE [SNU CALL] ☎ 02-880-8080

Suicide Prevention Guidebook

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