

(Continued from Page 10)

academic pressures, the expectations of parents, and dormitory life.

All of these factors could lead to depression, which in turn increases the probabilities of suicide in an individual.

Lewinsohn calls depression "an extremely widespread problem" that occupies an important, but not exclusive,

role in the cause of suicides.

Not all suicidal persons are depressed, Lewinsohn says. It's important to consider someone's past history of emotional disturbances, especially any suicide attempts.

All agree on the importance of referring upset or troubled persons to professional counselors. Several alternatives exist for those who are, or may

become, suicidal.

The best way to approach such persons, Honeyman says, is to recognize their problem, talk to them, and take them seriously...don't try to talk them out of feeling bad."

People shouldn't hesitate to ask friends whether they've considered suicide, she says. Then, they can suggest a counseling service.

The University Counseling Center and CARES provide free and confidential counseling by professionals.

The University center is open during the day; the phone number is 686-3227. The Crisis Intervention takes over from 5 p.m. to 8 a.m., and can be reached at 686-4488.

CARES, located at 170 E. 11th Ave., 687-4000, is also open 24 hours a day.

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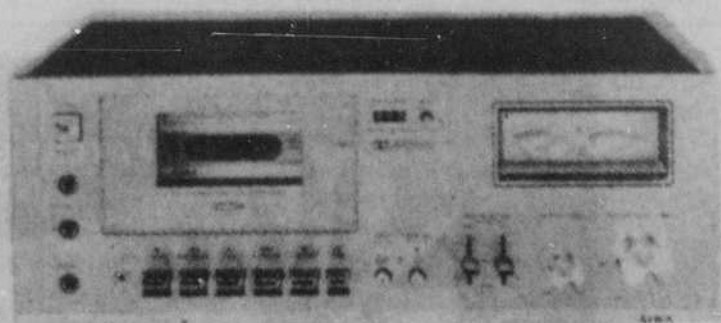
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