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- <http://education.uoregon.edu>
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SUICIDE

continued from page 1

Jessica admitted that being forced into counseling may have prevented her traumatic experience.

"I've always hated counselors, but having someone there to just listen would have probably kept me from trying to kill myself," she said.

A Big Ten Student Suicide Survey found the rate of suicide among college students is 7.5 per 100,000 students per year. With 14.8 million students nationwide, it is estimated that 1,100 will commit suicide.

Family and friends can look for warning signs, many of which are listed on the Suicide Awareness Voices of Education Web site at <http://www.save.org>. According to the Web site, depression — which can lead to suicide — can be disguised as anything from an eating disorder to sexual promiscuity to carelessness when walking across busy streets or bridges or cliffs.

Jessica struggled with anorexia nervosa, social isolation and constant disobedience.

"I now recognize those being symptoms of my depression," she said. "At the time, I just felt lost. I did everything I could to get attention, to fill that empty void that was sitting in my heart."

Other warning signs include: uncontrollable anger; self-criticism or low self-esteem; the inability to concentrate, think straight, remember or

make decisions; low energy; or suicidal thoughts, plans or attempts.

On campus, students struggling with suicide, or students who have friends struggling with suicide, can turn to the University Counseling and Testing Center. The center is open Monday through Friday from 8 a.m. to 5 p.m., and there is a crisis line open when the office is closed. The phone number for the crisis line is 346-4488.

"At the time, I just felt lost. I did everything I could to get attention, to fill that empty void that was sitting in my heart."

Jessica
University student

Counseling Center Director Robin Holmes said suicide can touch anyone, either directly or indirectly.

"Suicide is everybody's issue," she said, adding that one goal for today's lecture is to bring visibility to mental health issues on campus, as well as to begin to think of intervention the University can do.

For more information, contact the counseling center at 346-3227.

Contact the crime/health/safety reporter at alishaughnessy@dailyemerald.com.

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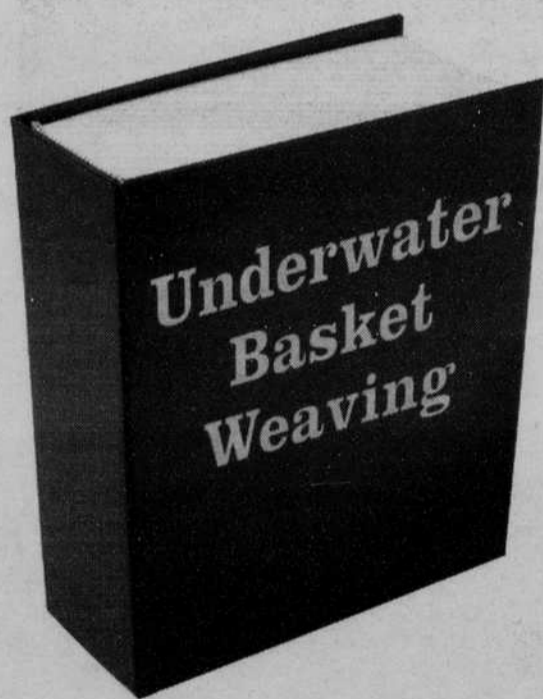
CAMPUS BUZZ

Tuesday

Legislative meet-and-mingle, 7:00 p.m., Gerlinger Lounge. Students from the University and Lane Community College will have the opportunity to meet Oregon legislators and discuss higher education funding.

Wednesday

University Senate meeting, 3 p.m. - 5 p.m., 115 Lawrence Hall. Agenda includes the fall preliminary curriculum report and a motion to repeal the recently revised Student Records Policy (OAR 571-20) and restore it to its previous version.



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