



Emmons Health Center



*Announcement:
September 4th - September 11th
is National Suicide Prevention Week*

While the number of completed suicides in the young adult age group has decreased significantly over the past ten years, suicide remains a very real threat to college age students. As we all know, college can be a very stressful time—full of change and pressure. While the majority of students are prepared for college and will adapt to these challenges with relative ease, a subset of students will not.

Faculty, staff and administrators contribute to a 'culture of care' through which all students of Occidental College may receive support. In essence, we all play a part in supporting students experiencing distress, isolation, or emotional turmoil. We ask that you be thoughtful, observant and aware of students during this week and in the weeks to come. Through our work together, we will continue to make a difference.

Below are some signs that a student is struggling and needs support:

- Acting agitated or anxious
- Talking about being trapped or in intolerable pain
- Talking about being a burden to others
- Appearing disconnected, sad and depressed
- Withdrawing, or talking about feeling isolated
- Displaying extreme mood swings
- Talking about wanting to hurt or kill oneself

Should you notice anything concerning, or develop that 'gut feeling' that something is amiss, please do not hesitate to share your observations. Below are different ways that you may reach out:

- Report to the [SEAN](#) system through the myoxy portal. You will find the SEAN system under the employee services tab. SEAN reports are transmitted immediately to the Dean of Students Office.
- Contact the Dean of Students office at (323) 259-2661
- Contact Emmons Health Center directly at (323) 259-2657
- In the event of an emergency, contact Campus Safety at (323) 259-2511 or "5" from any on campus phone

The biggest mistake is doing nothing.
