In the last 12 months, 5.7% of students reported seriously considering suicide, and 1.7% reported attempting suicide. Men were twice as likely as women to say they had attempted suicide.
**University resources**

**Suicide Gatekeeper Training**

Asking a person if he or she has thought about committing suicide can be uncomfortable, but it also can save a life. Suicide Gatekeeper Training helps faculty, staff and students learn to recognize warning signs and know what to do if they suspect a person is suicidal.

**Let's Talk**

In the course of their college careers, a majority of students will struggle with mental health issues, from anxiety and depression to sleep difficulties or addiction. Even though these experiences are common, some students may feel embarrassed or ashamed to seek help from the counseling center. Let’s Talk aims to relieve that by placing counselors in classroom buildings and residence halls across campus for informal, confidential conversations with students.

No appointments or paperwork are required for Let’s Talk meetings, and wait times are usually brief.

**Keep Calm**

More than 81 percent of students report feeling “average to more than average stress.” To help students reduce acute stress and learn strategies for long-term stress management, the university offers the Keep Calm program. Campus Wellness staff manage a series of one-time events and programs as well as ongoing trainings and consultations to help students identify their stressors and the techniques that benefit them most.

Keep Calm offerings include guided imagery and meditation, individual coaching and biofeedback sessions that help students change their stress response over time.

**Faculty can do**

If you’re concerned about a student, call 803-777-5223 to speak to a professional in the Counseling and Human Development Center. Their staff can give you:

- Guidance on how to talk with a student who appears to be struggling
- Information about how to provide assistance or get help for a student of concern
- Tips to help a student connect with the counseling center or other services

The counseling center is open weekdays 8 a.m. - 5 p.m. during the academic year and 8:30 a.m. - 4:30 p.m. during the summer and semester breaks.