



THE CENTER FOR COUNSELING AND MENTAL HEALTH WELLNESS

Services offered by the Center for Counseling and Mental Health Wellness are free for enrolled students of Tennessee Tech and are confidential. Our mission is to promote healthy student development during the college experience.



SUICIDAL THOUGHTS

For immediate help, don't wait. Call or text now.

- Suicide & Crisis Lifeline
Call/Text: 988
- Crisis Text Line
Text HELLO to 741741

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider. This is not intended for diagnostic purposes.

Contact Us:



Phone

931-372-3331

Eagle Eye Crisis Hotline

855-206-8997



Email

counsel@tntech.edu



Address

Roaden University Center Room 307



What are suicidal thoughts?

- Suicidal thoughts, or suicidal ideation, can range from fleeting thoughts of “not wanting to be here” to detailed plans of ending one’s life.

Why it happens in college?

- College is a time of transition. Academic pressure, social stress, financial strain, and identity struggles can contribute to feelings of hopelessness.

Warning signs

- Talking or joking about suicide or death
- Withdrawing from friends, family, or activities
- Giving away possessions
- Sudden mood changes (especially from sad to calm)
- Saying things like “I wish I weren’t here” or “It doesn’t matter anymore”
- Risky behavior or self-harm
- Changes in sleep, appetite, or hygiene



Common contributing factors

- Academic stress or failure
- Loneliness or isolation
- Relationship problems
- Family issues
- Mental health conditions (e.g., depression, anxiety, PTSD)
- Substance abuse

What you can do

If you're struggling:

- Tell someone you trust (friend, RA, professor, advisor)
- Visit counseling services
- Avoid isolation
- Make a safety plan

If someone else is struggling:

- Ask directly: “Are you thinking about suicide?”
- Stay calm and listen
- Encourage professional help
- Don’t leave them alone if in crisis
- Call for emergency help if needed

Reaching out is a sign of strength. Help is always available—you are not alone.