

A graphic of a life preserver with alternating white and grey segments, set against a teal background.

BE A LIFESAVER

Quick Reference Guide for Threat Assessment and Suicide Prevention

SIGNS OF POSSIBLE HARM TO SELF OR OTHERS

- Threatening language or behaviors
- Feeling depressed or anxious
- Increased substance use
- Dramatic changes in mood or behaviors
- Sense of helplessness or hopelessness

HAS THE STUDENT SAID OR DONE ANYTHING TO INDICATE A DIRECT THREAT TO SELF OR OTHERS?

YES

Call the ACU Police Department at 325-674-2911

NO

Submit a SOAR referral or call 325-674-2036; or contact the ACU Counseling Center at 325-674-2626

RESOURCES

ACU POLICE DEPARTMENT

acu.edu/acupolice

325-674-2911 • acupolice@acu.edu

Available 24 hours/day, 365 days/year

Can perform wellness checks

Able to assist and refer

COUNSELING CENTER

acu.edu/counseling

325-674-2626 • counseling@acu.edu

Counselors are available for consultation during office hours.

SOAR

Student Opportunities, Advocacy and Resources

acu.edu/soar

325-674-2036 • soar@acu.edu

SOAR will contact the student and offer help to assess the situation and direct them to the appropriate resource.

Reasons to make a SOAR referral:

- Frequently missing class, assignments, tests
- Financial stress
- Low moods and depressive symptoms
- Eating disorders
- Family crisis
- At risk for leaving the university
- Social adjustment concerns



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