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Weber recall election postponed

BY DAVID STROW
AND BRYN CHANCELLOR
STATE PRESS



WEBER

Embattled student body president Chris Weber received a last-second, temporary reprieve Tuesday night, just hours before students were to go to the polls to decide his political fate.

In a decision handed down at 9:30 p.m., the Associated Students of ASU Supreme Court issued a temporary restraining order against the Elections Committee. The order postponed the recall vote scheduled for today and Thursday.

The court's decision came in response to a complaint

filed by second-year law student Brita Long Tuesday morning. In the complaint, filed against the Executive Committee, Long argued that Weber did not have adequate time to prepare for the election.

"Students had one school day to learn of the recall election before going on Thanksgiving break," Long wrote. "Weber only has three school days to prepare for said election. This violates any notion of fundamental fairness in an election process."

Long further asked the Supreme Court to issue a performance order on the election committee, mandating legislation that would allow the recall election to be held "within a fair and reasonable time frame."

The Court, after deliberating for more than two hours, issued a 5-day restraining order against the committee.

"The court acknowledges that the issues (Long) raised might affect the public interest," said Kevin Myer, ASASU Supreme Court chief justice. "That's one of the reasons we issued the restraining order."

The restraining order will most likely delay the recall vote until next semester.

Weber was optimistic, but refused to say whether the election would help his chances in the recall election.

"My chances are good at any time," Weber said. "I think the students are smarter than what they read. I've been trying to publicize and focus on what I do as president. That speaks for itself."

Long said she was pleased that the court granted the restraining order, adding that she believed that holding the

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Regents mandate affirmative action review statewide

BY DAVID J. KOVACS
STATE PRESS

The Arizona Board of Regents unanimously passed a recommendation Tuesday directing all state universities to conduct a self-study of affirmative action.

"The university presidents believe that this is an appropriate time for the universities to undertake comprehensive internal reviews of each program or activity that falls within the affirmative action characterization," said Regent Eddie Basha at the ABOR meeting in the Memorial Union's Arizona Room.

Programs scheduled for review include admissions, student financial aid, student services and academic support, employment and procurement. Recommendations for changes will be presented to the board at its annual meeting in June 1996.

Regent John Munger said the ABOR should review current admissions standards to determine if they are fair to both minorities and non-minorities.

"We're going to be looking at the programs in order to evaluate the programs and evaluate the means used to per-

TURN TO REGENTS, PAGE 2.

Coffee shack



Alvino Valdes, left, and Mel Moshier of Grandville Plumbing & Piping work on one of two satellite locations of Coffee Plantation. The Coffee Plantation stands are located at the intersection of Palm Walk and Tyler Mall and next to the Business building. The stands will be open of 7 a.m. to 5 p.m. Monday through Friday, and serve coffee ranging from \$1 to \$3.50.

College pressures push many students toward suicide

BY GREG ZEMEDA
STATE PRESS

With an eerie calmness, Jane slowly dragged the razor blade across her left wrist.

She made several slashes and the blood began to gush out. Switching the blade to her other hand, Jane went to work with a machine-like efficiency on her right wrist. As she watched the twin streams flow down her arms, the world began to fade. Moments later, Jane collapsed to the bathroom floor and passed out into a pool of her own blood.

Jane, an ASU senior English major who requested that her real name not be used, survived her suicide attempt. She was found shortly after the slashing. Apparently, her blood clotted before too much escaped.

The pressures of school, the uncertainty of new surroundings and the problems of drugs and alcohol have pushed many college students to attempt suicide. Countless students have succeeded.

Although precise statistics on college suicide rates are unknown, national experts in the field estimate that suicide is the second leading cause of death on college campuses

behind accidents. In addition, the completed suicide rates for those 20 to 24 years old in 1990 (the latest year figures were available) was 15.1 per 100,000, nearly 20 percent higher than the overall national average of 12.4.

National studies on the subject vary, but all agree that college suicide is a large problem. A 1987 survey of 20 universities found that 5.2 to 12.3 out of every 100,000 college students attempted suicide. Another study conducted in 1989 at the University of Texas at Austin discovered that 5.5 percent of college students there had attempted suicide in a year and 44 percent had thought about suicide.

Causes

The months leading up to Jane's suicide attempt were difficult ones. While attending a Texas college in 1989, the then 19-year-old was getting Ds and Cs in her classes and finals were quickly approaching. She became homesick and her relationship with her boyfriend, whom she started dating in high school and moved to Texas with, began to fall apart.

Catching her boyfriend in bed with another woman topped off Jane's miserable semester. She attempted sui-

cide in her boyfriend's apartment about a week after that.

"I felt like everything was crashing around me," Jane said. "My grades were bad, this person I had moved to Texas with had left me ... I just felt there was nothing going for me."

"It's almost hard to describe it. It's just this totally overwhelming feeling of hopelessness and helplessness."

The factors behind Jane's suicide attempt are common among college students, said Ralph Rickgarn, coordinator of student behavior at the University of Minnesota and author of the book *Perspectives on college student suicide*.

When a series of negative experiences builds up, capped off by another bad event like a break-up, people sometimes can't handle it anymore and attempt suicide, he said.

"It's sort of like that it's the straw that breaks the camel's back," Rickgarn said.

David Jobs, a national suicide expert and associate professor of psychology at Catholic University in Washington, D.C., said every college student handles the pressures of school differently.

"For many, college is a very difficult adjustment to make and their on their own, sometimes for the first time ...

TURN TO SUICIDE, PAGE 10.

INSIDE STATE PRESS

Weather Outlook
Sunny and warmer.
High 75°, low 46°.



World/Nation
President Clinton signs a bill ending the federal 55 mph speed limit, giving states the power to set their own limit.
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Sports
The Sun Devils men's basketball team defeated Southern Utah Tuesday 82-76.
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TODAY

The Today Section is a daily calendar of events printed as a service to the ASU community. Requests are accepted on a first-come, first-served basis and are printed as space permits.

Campus clubs and organizations may submit written entries to the State Press in the basement of Matthews Center. Requests will not be taken over the phone or via fax.

Entries must contain the full name of the club or organization, a description of the event, date, time and the full address of the location. All requests are subject to editing for content, space and clarity. Incomplete or illegible entries will be discarded.

Deadline for requests is noon the day before publication and entries will not be accepted more than three working days before publication. Only one entry per organization per day is permitted.

- **4X** — End of semester crunch. Free coffee, 6 p.m.; American Indian Institute.
- **AIDS Awareness Week Committee** — Planning meeting. Everyone welcome. 5 p.m.; MU 208C.
- **Alcoholics Anonymous** — Daily campus meeting. Noon to 1:15 p.m.; Newman Center, Aquinas Hall in the basement.
- **Asian Business Leaders Association** — Academic luncheon. Join us for free food and a chance to meet our new executive board for spring. 11:30 a.m.; MU Alumni Lounge.
- **ASU Mountain Road Biking Club** — Roll-a-thon on Hayden Lawn. Come out and support your cycling team. 8:30 a.m. to 4:30 p.m.; Hayden Lawn.
- **Black Graduate Student Association** — General meeting. Everyone welcome. 6:30 p.m.; MU Yavvasupai Room.
- **Asian Business Leaders Association** — Academic luncheon. Join us for free food and a chance to meet our new executive board for spring. 11:30 a.m.; MU Alumni Lounge.
- **Hispanic Business Students' Association** — Elections. General meeting. All majors welcome. 3:30 p.m.; BA 129.
- **KASR 1260 AM** — Giving out promotional items, tapes, CDs, music and more. 10:30 a.m. to 2:30 p.m.; Cady Mall.
- **Kundalini Yoga Club** — Classes held at 5:30 p.m. Monday through Thursday. Check monitors for nightly locations. Today: MU 222.
- **MUAB Special Events Committee** — Meeting. Everyone welcome. 3:30 p.m.; MU third floor, Conference Room 1A.
- **NATAS** — All-member meeting. 6 p.m.; MU Room 212W.
- **Philippine American Student Association** — Meeting to discuss end of year party and possible activities for next year. 5 p.m.; MU Pima Room.
- **Program for Southeast Asian Studies** — Brown bag lecture: Islamic Education in East Java: Reflections on Fieldwork by Ronald Bull of the Department of Anthropology. 12:40 p.m.; Language and Literature Building, Room C50.
- **Residence Life** — ASU African drum ensemble with Kawambe-Omowale Dance Theater performing. 7:30 p.m.; Palo Verde West Resource Center.
- **Student Economic Association** — Meeting to discuss next semester's objectives and goals. 2:45 p.m.; BAC 228.
- **Student Life Learning Resource Center** — Free final exam strategies workshop. 11:40 a.m.; MU Yuma Room.
- **Travel and Tourism Student Association** — Final fall meeting. Officer election for spring. 3 p.m.; MU second floor. Also, plan spring events at 4 p.m.; Department of Recreation, Meeting Room.
- **Women's Lesbian and Bisexual Discussion Group** — Come join our free and ongoing discussion group. 5 p.m.; MU lower level, Women's Student Center.
- **Young Democrats of ASU** — Meeting. Continued campaign volunteer and staff training. 6 p.m.; Social Sciences Room 101.

Weber

CONTINUED FROM PAGE 1.

election so close to finals and on such short notice was "incredibly unfair."

"You can't expect someone to prepare for this right before finals and the holidays," she said.

However, the decision left recall organizers and proponents fuming.

"This whole thing has been a farce from the beginning," said Kevin Bielfelt, senior religious studies major and recall organizer. "It's been all delay, and now this happens."

"Mr. Weber has had a long time to take a stand on what his position was, and whether he belongs in office."

Sen. Alex Shivers called the notion that Weber didn't have time to campaign "absolutely ridiculous."

"I can't believe it. I'm flabbergasted," Shivers said. "It totally delegitimizes ASASU."

The executive committee has until Thursday to respond to the complaint, Myer said. Once the committee has responded, the Supreme Court will hold a second hearing to determine whether or not to force

the executive committee to lay out specific time, place and manner regulations for the recall election.

"(Long) is requesting that the Executive Committee establish time, place and manner guidelines for the recall election that are more in line with previous guidelines for regular elections," Myer said.

Long, who previously worked with Weber, said that she believed the extra time would help Weber's chances in the election by allowing him to present his case to the students.

"What I've read about him is very out of character for the man I know," she said. "I wouldn't have a friend without a high moral character, and every experience I've had with Chris tells me that he has that high moral character."

Bielfelt, however, predicted the opposite effect.

"The fact that (the complaint) was filed at the last minute seems to be a statement of what it represents," he said. "I don't think the students will be pleased."

Regents

CONTINUED FROM PAGE 1.

petuate our objective (of increasing minority enrollment)," Munger said.

State universities will make a special presentation at the February 1996 ABOR meeting regarding their success in meeting minority student enrollment goals.

Regent Andy Hurwitz said examining current University affirmative action policies shouldn't be viewed as a step backwards.

"I would urge people not to view what we're

doing as any retreat whatsoever from the goals that we set forth in the past," he said.

"We have all learned a lesson from California, I believe, where people voted first and then looked at the program second," Hurwitz said. "If you look at the programs, you will find almost without exception (that) they're doing what we want them to do and it's the appropriate way of doing it. Because I think that, I'm not afraid... to take a look at it."

ARIZONA STATE UNIVERSITY
STATE PRESS

"I told you, you should have stayed in bed." —State Press Horoscopes
In the classified section.

College suicides remain a major problem

SUICIDE, CONTINUED FROM PAGE 1

which for most students is fine," he said. "For some students, it's overwhelming and creates all kinds of troubles."

The typical problems college students suffer from are relationship troubles, eating disorders, date rapes or school pressures, said Eric Schermerhorn, program coordinator for the suicide hotline at the EMPACT/suicide prevention center in Tempe. He said that most of the students who call the line for help are usually bothered by the stress of a combination of factors, from poor grades to financial problems.

The hotline receives most of its calls from students during finals. Most callers are A students who are suddenly facing a C or seniors who are struggling to finish school altogether, Schermerhorn said.

"This is suddenly their life," he said. "Seniors are saying to themselves 'I need something to graduate to move on with my life.'"

The hotline receives its second highest amount of calls from students during midterms. Next highest is at the start of school, when some students are living in a different place for the first time in their life.

"Inherently, they are leaving something behind," Schermerhorn said. "It's a major change."

Greg Shrader, a psychologist at ASU's counseling and consultation department, said it is hard to generalize what pushes college students toward suicide, but it usually happens when they see no way to end their troubles.

"People want out of their pain," he said. Most of the problems experienced by the 10 to 15 students who go to counseling and consultation for depression therapy each week center around personal relationships more than school, Shrader said. Some typical troubles include threats from parents to withhold money, difficulties in long distance relationships or deaths of family or friends.

Making matters worse is the fact that for many college students, it is the first time they have been on their own. This sometimes causes their first serious depression and a few are not able to handle it, Shrader said.

"There's no sense sometimes that this is going to end," he said. "They're having to cope with a lot of new situations at once, which can be overwhelming."

Whether it is during college or another time in their life, most people who have been under any kind of psychological stress have thought of suicide, Shrader said.

"When I have a lot of pain, I think we get tunnel vision," he added. "The only way we get out of that pain that people see sometimes is the option of suicide."

Risk factors

Jane had a typical, if not "average," childhood and adolescence. Growing up in a liberal, upper middle-class family, her parents separated while she was in grade school and just recently divorced.

Between grade school and high school, Jane shuttled back and forth from one parent to another. Sometimes, when her mother moved out, she would go to live with

her, other times she would move out with her father.

Jane also was exposed to the problems created by her older brother. He had a serious drug addiction when Jane was in grade school and she often witnessed numerous arguments between him and her parents.

"I would literally make myself hyperventilate (to end some fights)," she said. "That way my brother would leave and my parents would focus their attentions on me instead of on him."

Although her family's difficulties made life harder on Jane, she never considered suicide and never had to undergo any counseling. Her parents may have many verbal conflicts, but they never took their frustrations out on Jane by abusing her.

However, Jane's boyfriends were another story.

The first one she had, from the ages of 14 to 16, was very physically abusive. Her next one, whom she later moved to Texas with, also hit her a few times, but he mostly inflicted verbal and emotional abuse.

"Toward the end (of my relationship) with my boyfriend, I was afraid of him," Jane said.

She stayed with him longer than she knew she should for one reason — drugs. He was her main connection and she was a heavy user in high school.

Jane did everything from smoking marijuana to shooting cocaine. She first started using just for the experience, but later took drugs to hide the emotional pain caused by her first boyfriend.

"You name it, I've done it," Jane said. "And when you're high, you're happy."

Problems experienced during high school can carry over to college and sometimes trigger suicide, Rickgarn said. Many of the things Jane went through put her at a high risk factor for attempting.

One of those factors is drug or alcohol abuse, either by the victim or members of his or her family. It can lead to many unsettling experiences while growing up.

"They're coming from a background with a potential for trouble," Rickgarn said.

Another factor is abuse, both physical and sexual. A 1992 survey of high school seniors conducted by Who's Who of American High School Students revealed that up to 19 percent of girls and 4 percent of boys have been sexually abused, Rickgarn said.

"That means that student is coming into a college setting probably not having dealt with the ramifications of a sexual assault," he said.

One of the biggest risk factors of college suicide is past attempts. Of students who attempted suicide in college, the survey discovered that 23 percent of men and 10 percent of women tried to kill themselves before, Rickgarn said.

"If a student has attempted suicide before, and particularly if they have had multiple attempts, they are at a much higher risk," he said.

All of these factors can be made even worse when students are isolated and lonely. When students enter college, they are thrown into a very stressful situation and often have trouble making friends, Rickgarn said. Many students seek fun companionship, but others don't and lose the type of support system they had in high school.

"It's almost hard to describe it. It's just this totally overwhelming feeling of hopelessness and helplessness."



Eric Guzewski/Special to the State Press

Jane, a senior English major at ASU, displays the scars left on her wrist after she tried to kill herself six years ago. Today, she always wears a watch to cover them up.

"Some students are just as gregarious as they come," Rickgarn said. "They're out in a residence hall and the first day they probably know 20 people, maybe more. There are other folks who ... may simply move into their room and unpack and are scared to death because there is nobody around there that they know, and it is a whole new experience for them."

"So when they have that kind of a mindset, then anything from the past that has already created some problems then comes right up to the front again."

National studies on college suicide back up Rickgarn's assertions. A 1989 study at the University of Texas revealed that 44 percent of students had thought about suicide within the past six months. Those students came from disrupted families, were more liberal and had received past psychiatric treatment.

Another study found that unhappy childhoods, alcohol and drug abuse and delinquent acts were common among college students who had suicidal thoughts.

Another leading risk factor for suicide is simply a person's gender. According to statistics from the American Association of Suicidology, a national suicide study organization based in Washington, D.C., women attempt suicide three times more than men. However, men complete suicide 4.1 times more than women.

Women's rates for completed suicides are lower because many of them use an overdose of pills in their attempts, said Jack Clark, chief of ASU mental health services. In those cases, they can be saved if they are sent to the hospital in time.

However, men tend to choose irreversible methods of suicide, such as using a gun or jumping from the ledge of a building, Clark said.

"They go to the top of a 20-story building and jump off," he said. "Well, you can't change your mind on the way down. No one can intervene. It's over."

Counseling

The day after her suicide attempt, Jane went to the campus health center upon the urging of a friend. She told officials there that she was feeling depressed, but didn't say how far that depression had pushed her.

A social worker scheduled an appointment for her with a local psychiatrist. She didn't tell him about her attempt either, so he only told her to come back in a week for

further counseling and gave her a prescription for Prozac.

However, her appointment occurred at the end of the spring semester and Jane had made earlier plans to go back home to Louisiana for the summer. A week later, her father arrived and helped move her back.

Jane didn't tell her parents what had happened, but her mother could tell she was troubled. Over the next few weeks, Jane lost about 20 pounds and constantly had dark circles under her eyes.

Jane's mother urged her to see a local psychiatrist and she did.

Unlike her decision in Texas, Jane decided to tell this doctor the truth.

"I (know) that I'm not going to get any help if I don't be honest with these people," she said.

Jane opened up to her psychiatrist, telling him everything about her depression and suicide attempt. She saw him for several months, saying that he helped her to deal with her problems.

Mental health experts agree that Jane made the right decision.

"A lot of the work that we do indicates that a good percentage of people can get better if they are able to get professional help," Jobes said. "Most people that kill themselves have treatable emotional difficulties."

Shrader said statistics show that 97 percent of people who considered or attempted suicide would not kill themselves if presented with solutions to their problems. It is important for people suffering from severe depression to face their pain, he said.

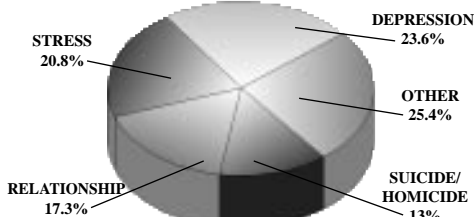
"In general, when people avoid pain ... it usually comes back stronger," Shrader said. At ASU's counseling and consultation, psychologists try to help students find their own methods to fight their pain, including emotional, social and spiritual resources, Shrader said.

"(We will try) anything that is going to help give that person strength and help to get those binders of pain off of them so they can see their options," he said. Providing options is one of the keys to helping bring people out of their depression, said Greg Hincheff, an operator for the EMPACT suicide hotline.

"(Sometimes) people just don't see that they are on a one-way track to whatever their own personal hell is (and they need to be shown that) they have a lot of options where they can

Calls for help

Types of calls from 18 to 25-year-olds to the EMPACT/Suicide Hotline from August to October, 1995



Mark Kramer/State Press

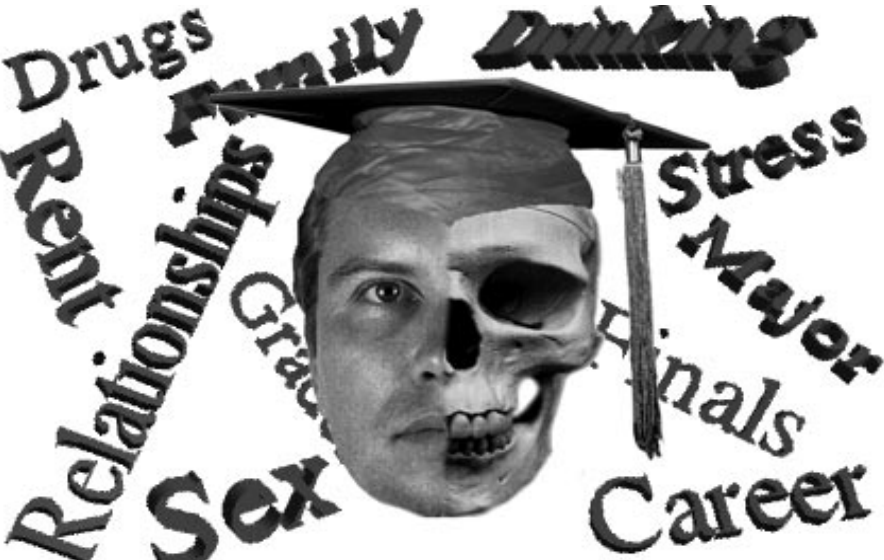


Photo illustration by Mark Kramer/State Press

stop, they can turn around, they can go back, they can take a different road ...," he said.

When a college student calls with many different problems, Hinchcliff said he takes a "divide and conquer" approach in solving them. He said he deals with each problem at a time and tries to get the person to answer their own questions. For example, if a student is troubled by a bad relationship, Hinchcliff said he asks them why he or she is staying with that person and also tries to validate the student's self-worth.

"I would have the person identify what they like about themselves and, if I can, have them identify what they like about the other person," he said.

And if poor grades are a problem, Hinchcliff urges students to use better time management and to put the situation into perspective.

"(I'll tell them) getting an A isn't everything that it's cracked up to be," he said. "Do you think getting a B is reason enough to die, or getting a C or a D?"

"A failing grade is not a good reason to kill yourself."

Clark said that even if students are severely depressed about a number of things, that doesn't mean there is a good chance they will attempt suicide. He said depression and suicide are two different things — depression is an illness, suicide is a response to an illness.

"There are lots and lots of people who are depressed who never think about suicide. There are lots of people who are not depressed who think about suicide," Clark said. "They're not always together, nor does one always lead to the other."

He said suicide warning signs are often the same as those for depression: diminished interest, diminished concentration, changes in appetite, changes in sleep patterns and failures in school or work or relationships.

When students come to mental health services complaining of depression, officials look at several factors to determine if there is a good chance of a suicide attempt, Clark said. Students are asked if they are considering suicide, do they have a plan, do they have the means and is there a history of suicide attempts on their part or their family. If they meet all these criteria, they are a "very, very, very high risk," Clark said.

However, few students have all the necessary factors to push them to attempt suicide, he said.

"They may have some ideations, but not have a plan," Clark added. "Some pieces are there, but they are really not to that end stage where they have an ideation, a plan, the means, history in the family, all that."

About 6,000 students went to the mental health section of ASU's Student Health Center last year to seek help. For those with serious problems, mental health officials can set up counseling sessions with staff psychiatrists or refer them to local physicians.

Unlike counseling and consultation, doctors at mental health can prescribe medication if they feel it is necessary. Drugs like Prozac or other anti-depressants are the most common used, Clark said. The decision on whether to prescribe medication is made on a case-by-case basis, he said, adding that quite a few students receive them.

Besides counseling students who come in for help, mental health officials take part in National Depression Screening Day each year. Mental health experts go out into the college community and interview students to see if they meet the criteria for depression.

The counseling services at ASU are not unique. Most large universities, including all of the Pac-10 schools, have mental health services available on campus, Clark said.

Emotional costs

During the sessions with her psychiatrist, Jane explains to him how her suicide attempt brought forth feelings of guilt and shame over the fact that she had tried to take her own life.

"There's a lot of stigma attached to (suicide attempts). You know, it's some wacky person, some crazy person, someone who's mentally screwed up," she said. "I overheard someone once say, 'someone must be a real loser if they try to kill themselves and they can't even succeed at that.'"

"That's a really tough thing to take." Jane also didn't want to let her parents know about her attempt because of the problems they had to go through with her brother's suicide.

"I kept thinking, 'Well, they had one kid that was a total screw-up, they don't need to know about the other one.'"

"To this day I never told my parents and I don't think my parents know."

After attempting suicide, a person's response can vary greatly, Jobs said.

"It seems to me that for some people it's an incredibly shameful, private experience that they are embarrassed to have people know about in any way, shape or form," he said. "For some other people it's something they have no problem with having other people know about it."

The time it takes to get over an attempt also differs from person to person, Jobs added. "There is a percentage of people that come in and get help and get some medicine and some short term psychotherapy and they get dramatically better very quickly and may never feel suicidal again," he said. "And then there's a smaller percentage of people who stay suicidal for a long time and always, think about it and it's always kind of there."

Rickgarn said it is very common for people to become extremely depressed after a suicide attempt. When it is proceeded by a break-up, people believe they were rejected because of their own faults, causing them to feel worthless, he said.

Besides the victim's themselves, suicide has a profound impact on family and friends, Rickgarn said. In 1991, about one in every 68 Americans had a relative or loved one who died by suicide.

"People have to deal with a lot of pain; they don't understand why the person committed suicide," he said.

Judi Lewis, the coordinator for Survivors of Suicide, a metropolitan Phoenix recovery group for family and friends of suicide victims, said people close to the victim often blame themselves for the other person's attempt. This causes severe depression in their own lives and puts them at a much higher risk for suicide themselves, she said.

"When people are thinking about suicide, they are not usually thinking about family members or people they are going to hurt, they just really are thinking about their own pain and that the only way to get out of it is by taking their own lives," Lewis said.

There are a few groups that address this problem and even fewer for those who attempt suicide because of society's views toward suicide, she said, adding that some

churches still consider suicide a sin.

"There's still a lot of shame (attached to suicides). No one wants to talk about it. "There's no place in society for suicide."

Lessons

Six years later, the only physical evidence of Jane's suicide attempt is the scars on her wrists. The ones on her left forearm are the most noticeable, so she always wears a watch to cover them up.

The mental evidence is harder to see. The suicide attempt and her counseling afterward have made Jane a stranger person, and she said she would never try to kill herself again.

"I've felt down, I've felt lonely, I've felt helpless and hopeless at times, but never to that degree," she said. "I haven't felt that this is something I'd do again."

Over the past several years, Jane said she discovered many others who have attempted suicide or considered it.

"I found out that I'm not alone," she said. For those who are debating suicide, Jane recommends seeking professional help. She said family and friends can be a great source of comfort, but they do not have the training and skills to always handle the situation effectively.

"I do firmly believe that the right person, and being honest with the right person, can help you get through it," Jane said. "What have you got to lose by telling these people everything?"

If you are thinking about killing yourself, it doesn't get much worse than that."

Today, Jane, now 26 years old, is trying to finish school and is recovering from a recent divorce. Although her life has not been completely smooth since her suicide attempt, she now knows how to put things into perspective.

"It can get bad, it can get rough, but you can get through it," Jane said. "I look at things that would normally make a lot of people really upset ... and I think, 'God, it could be a lot worse.'"

Most important, Jane now believes that life, along with its everyday difficulties, is worth fighting for.

"I'm glad I didn't succeed. It really makes you value life a lot," she said. "Life doesn't just end with that."

FACTS ABOUT SUICIDE

Completions:

- Suicide is the ninth leading cause of death in the United States.
- An average of one person every 17.3 minutes commits suicide.
- There are 4.1 male completions for each

female completion.

Attempts (all figures are estimates):

- There are 240,000 to 600,000 suicide attempts every year in the United States.
- There are eight to 20 attempts for every

completion; 100 to 200 attempts for every young person's completion.

- An estimated 5 million living Americans have tried to kill themselves.
- There are three female attempts for every male attempt.

WHO TO CALL FOR HELP:

Suicide prevention hotline: 784-1500

ASU Student Health Center: 965-3346

ASU Counseling and Consultation: 965-6146