

Mark is a 20-year-old student at the community college who entered the CSC program two months ago, following a hospitalization for psychosis symptoms. Two days ago, his parents took him to the ER after he admitted taking multiple medications in a suicide attempt. He was released from the hospital today and you are meeting with him and conducting safety planning. You ask Mark to tell you about what happened.

"I had been on campus for a while trying to read. It has been really hard to concentrate so I went to the library. I was trying to read for English, which I just hate. I just don't see how I am going to make it through the semester. I was trying to read when some jerk walks by and hits my chair. I know he did it on purpose and I let him have it. He called me a freak and said I shouldn't be there and walked off.

It just set me off. I kept thinking about how I stunk at school and was probably going to flunk out. None of the people I used to hang out with want to be around me anymore. I came home and went to my room so I could be alone. I was so angry at what that guy had done and hated that he called me a freak. I just kept thinking maybe he is right. I just went in the bathroom and took what pills I could find. I thought maybe it would calm me down and maybe I wouldn't wake up and maybe that wouldn't be so bad.

But after I did it, I really regretted it and knew it was stupid. I went and told my mom what I had done and she drove me to the ER. They made sure I didn't soak up too much of the medication and eventually I felt a little calmer and I knew how stupid it was."