

Resources

Henderson Student Counseling

Student Counseling helps students:

- make sense of what is going on
- make meaningful changes
- find ways to better handle stress
- identify sources of support
- discover solutions
- if necessary, see the psychiatrist and (if needed) obtain a prescription for medication

Phone: (954) 424-6911 Available 24 hours per day for consultation

Location: University Park Plaza (east of the bookstore)

Website: <http://www.hendersonmhc.org/studentcounseling>

The National Suicide Prevention Lifeline

24-hour toll-free hotline available to anyone experiencing emotional distress/suicidal thoughts or is concerned about another person's welfare.

Toll-Free: 1-800-273-TALK (8255) *English*

References

1. Muehlenkamp, J. J., Marrone, S., Gray, J. S., & Brown, D. L. (2009). A college suicide prevention model for American Indian students. *Professional Psychology: Research and Practice, 40*, 134-140.
2. American Association of Suicidology (2010). The Risk Factors for Suicide. Retrieved from <http://www.suicidology.org/web/guest/stats-and-tools/fact-sheets>
3. O'Connor, R. C. (2007). The relations between perfectionism and suicidality: A systematic review. *Suicide and Life-Threatening Behavior, 37*, 698-714.

