Henderson Student Counseling  
954-424-6911  
www.nova.edu/studentcounseling

MHNet (mental health services for NSU employees)  
1-877-398-5816; TTY: 800-338-2039  
www.nova.edu/hr/benefits/index.html

Mobile Crisis Response Teams  
(for on-site crisis assessment)  
Broward - Henderson:  
954-463-0911  
Palm Beach:  
North: 561-383-5777  
South: 561-637-2102  
Miami-Dade - Miami Behavioral:  
305-774-3627

National Suicide Prevention Lifelines  
1-800-SUICIDE or 1-800-273-TALK (8255)

Broward First Call for Help  
211 or 954-537-0211  
www.211-broward.com

Palm Beach Center for Information & Crisis  
561-383-1111  
www.211palmbeach.org

Switchboard of Miami  
305-358-HELP (4357); 305-644-9449 (TTY)  
www.switchboardmiami.org

Mental Health Services Locator  
http://mentalhealth.samhsa.gov/databases/

Substance Abuse Services Locator  
http://dasis3.samhsa.gov/

JED Foundation  
www.jedfoundation.org

Suicide Prevention Resource Center  
www.sprc.org

Suicide Awareness Voices of Education  
www.save.org

The Depression Center  
www.depressioncenter.net

United States Surgeon General  
www.surgeongeneral.gov/library/calltoaction

Yellow Ribbon International  
www.yellowribbon.org

Florida Suicide Prevention Coalition  
www.floridasuicideprevention.org

National Center for Injury Prevention and Control  
www.cdc.gov/ncipc/dvp/suicide

National Mental Health Information Center  
http://mentalhealth.samhsa.gov/suicideprevention/

National Suicide Prevention Lifeline  
www.suicidepreventionlifeline.org

National Clearinghouse for Alcohol and Drug Information  
1-877-SAMHSA7; www.ncadi.samhsa.gov

American Association of Suicidology  
www.suicidology.org/

American Association for Suicide Prevention  
www.afsp.org

Florida Office of Suicide Prevention  
www.helppromotehope.com

Florida Initiative for Suicide Prevention  
www.fisponline.com

NSU Office of Suicide and Violence Prevention  
Dr. Douglas Flemons, Dr. Scott Poland, Dr. Erin Proacci, Dr. Gina LaFleur, Oren Schwartz  
954-262-5852  
svp@nova.edu  
http://www.nova.edu/suicideprevention
How do you Remember the Warning Signs of Suicide?
Here’s an Easy-to-Remember Mnemonic:

**IS PATH WARM?**

<table>
<thead>
<tr>
<th>I</th>
<th>Ideation</th>
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<tr>
<td>S</td>
<td>Substance Abuse</td>
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<td>Recklessness</td>
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<td>Mood Change</td>
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A person in acute risk for suicidal behavior most often will show:

**Warning Signs of Acute Risk:**
- Threatening to hurt or kill him or herself, or talking of wanting to hurt or kill him/herself; and/or,
- Looking for ways to kill him/herself by seeking access to firearms, available pills, or other means; and/or,
- Talking or writing about death, dying or suicide, when these actions are out of the ordinary.

These might be remembered as expressed or communicated **IDEATION**. If observed, seek help as soon as possible by contacting a mental health professional or calling 1-800-273-TALK (8255) for a referral.

**Additional Warning Signs:**
- Increased SUBSTANCE (alcohol or drug) use
- No reason for living; no sense of PURPOSE in life
- ANXIETY, agitation, unable to sleep or sleeping all the time
- Feeling TRAPPED - like there’s no way out
- HOPELESSNESS
- WITHDRAWING from friends, family and society
- Rage, uncontrolled ANGER, seeking revenge
- Acting RECKLESS or engaging in risky activities, seemingly without thinking
- Dramatic MOOD changes

If observed, seek help as soon as possible by contacting a mental health professional or calling 1-800-273-TALK (8255) for a referral.

These warning signs were compiled by a task force of expert clinical-researchers and ‘translated’ for the general public.