

African American College Students

Risk Factors

- Previous suicide attempt(s)²
- Mental health issues⁵
- Lack of family support¹
- Disconnection from faith-based community²
- Acculturative stressors³
- Lower levels of ethnic identification³
- School/family/relationship difficulties (Molock, Kimbrough, Lacy, McClure, & Williams, 1994; as cited in Project OPEN Fact Sheet African American Students, 2009)⁴
- Discrimination (Molock et al., 1994; as cited in Project OPEN Fact Sheet African American Students, 2009)⁴
- History of physical and/or sexual abuse⁵
- A recent loss²

Warning Signs

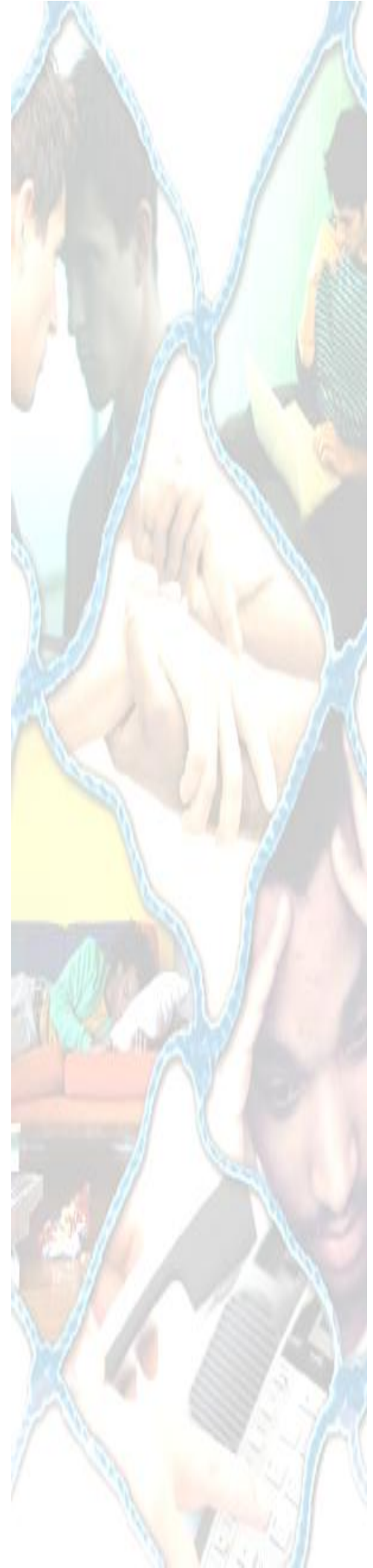
- Focused on death, dying, and suicide²
- Talking, writing, or hinting about suicide²
- Giving away possessions²
- Withdrawal from usual activities⁵
- Dramatic mood changes⁵
- Anxiety⁵
- Perceived burdensomeness⁵
- Hopelessness and/or feeling trapped⁵
- Exhibiting changes in behavior, such as:
 - school performance
 - eating
 - appearance
 - sleeping patterns
- Excessive/increased use of substances (e.g., alcohol and/or drugs)⁵
- Recklessness/excessive risk-taking behavior⁵
- Perfectionism (e.g., excessive concern about mistakes and/or actions, harshly self-critical)⁶

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

NOPCAS (National Organization for People of Color Against Suicide)

Provides resources for reducing the risk of suicide among African Americans.

Website: www.nopcas.com

References

1. Kimbrough, R. M., Molock, S. D., & Walton, K. (1996). Perception of social support, acculturation, depression, and suicidal ideation among African American college students at predominantly Black and predominantly White universities. *The Journal of Negro Education, 65*, 295-307.
2. Pace University Counseling Center (2009). Get in the Know: Suicide Prevention for African-American College Students. Retrieved from http://www.pace.edu/counseling-center/sites/pace.edu.counseling-center/files/AfricanAmerican_Suicide.pdf
3. Walker, R. L., Wingate, L. R., Obasi, E. M., & Joiner, T. E., Jr. (2008). An empirical investigation of acculturative stress and ethnic identity as moderators for depression and suicidal ideation in college students. *Cultural Diversity and Ethnic Minority Psychology, 14*, 75-82.
4. Pace University Counseling Center (2009). Project OPEN Fact Sheet African American Students. Retrieved from <http://www.pace.edu/counseling-center/sites/pace.edu.counseling-center/files/Project-OPEN-fact-sheet-African-American.pdf>
5. American Association of Suicidology (2010). The Risk Factors for Suicide. Retrieved from <http://www.suicidology.org/web/guest/stats-and-tools/fact-sheets>



6. O'Connor, R. C. (2007). The relations between perfectionism and suicidality: A systematic review. *Suicide and Life-Threatening Behavior*, 37, 698-714.

