

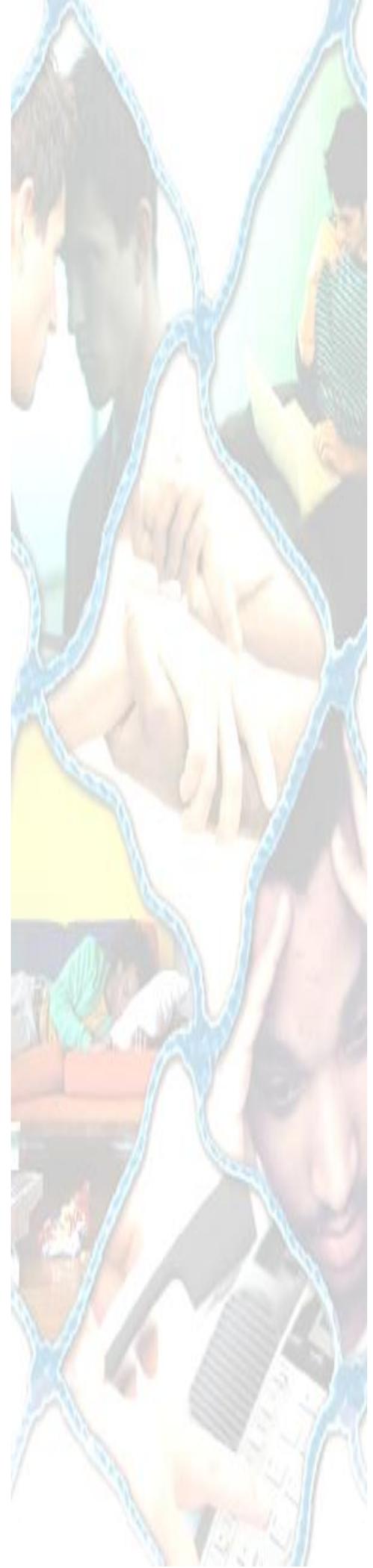
## American Indian College Students

### **Risk Factors**

- Previous suicide attempt(s)<sup>1</sup>  
*Based on data from the (2005) American College Health Association National College Health Assessment (ACHA-NCHA), an estimated 15% of American Indian (AI) students reported seriously considering suicide in the last 12 months, which is notably higher than non-AI students at 9.1%*  
(American College Health Association, 2005; as cited in Muehlenkamp, Marrone, Gray, & Brown, 2009)
- Mental health issues<sup>2</sup>
- Intergenerational/historical trauma (Yellow Horse Brave Heart, 2003; as cited in Muehlenkamp et al., 2009)<sup>1</sup>
- Disconnection from spiritual and cultural traditions (Yoder, Whitbeck, Hoyt, & LaFromboise, 2006; Garrouette, Goldberg, Beals, Herrell, & Manson, 2003; as cited in Muehlenkamp et al., 2009)<sup>1</sup>
- Academic difficulties
- History of physical and/or sexual abuse<sup>2</sup>
- Discrimination/prejudice/hate crimes
- A recent loss
- Interpersonal difficulties (e.g., friend and/or peers)

### **Warning Signs**

- Focused on death, dying, and suicide
- Talking, writing, or hinting about suicide
- Giving away possessions
- Withdrawal from usual activities<sup>2</sup>
- Dramatic mood changes<sup>2</sup>
- Anxiety<sup>2</sup>
- Perceived burdensomeness<sup>2</sup>
- Hopelessness and/or feeling trapped<sup>2</sup>
- Exhibiting changes in behavior, such as:
  - school performance
  - eating
  - appearance
  - sleeping patterns
- Excessive/increased use of substances (e.g., alcohol and/or drugs)<sup>2</sup>
- Recklessness/excessive risk-taking behavior<sup>2</sup>
- Perfectionism (e.g., excessive concern about mistakes and/or actions, harshly self-critical)<sup>3</sup>



## 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.

