

Hispanic College Students

Risk Factors

- Previous suicide attempt(s)¹
- Mental health issues⁴
- Disconnection from spiritual community¹
- Acculturative stressors (Gil, Vega, & Dimas, 1994; Padilla, Cervantes, Maldonado, & Garcia, 1988; as cited in Rodriguez, Mira, Myers, Morris, & Cardoza, 2003)²
- Lack of perceived familial and/or social support (Velazquez-Acevedo, 1983; as cited in Project OPEN Fact Sheet Latino Students, 2009)^{2, 3}
- Academic difficulties¹
- Interpersonal difficulties (e.g., friends and/or peers)¹
- History of physical and/or sexual abuse⁴
- Discrimination/prejudice/hate crimes³
- A recent loss¹

Warning Signs

- Focused on death, dying, and suicide¹
- Talking, writing, or hinting about suicide¹
- Giving away possessions¹
- Withdrawal from usual activities⁴
- Dramatic mood changes⁴
- Anxiety⁴
- Perceived burdensomeness⁴
- Hopelessness and/or feeling trapped⁴
- Exhibiting changes in behavior, such as:
 - school performance
 - eating
 - appearance
 - sleeping patterns
- Excessive/increased use of substances (e.g., alcohol and/or drugs)⁴
- Recklessness/excessive risk-taking behavior⁴
- Perfectionism (e.g., excessive concern about mistakes and/or actions, harshly self-critical)⁵

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
1-888-628-9454 Spanish

National Alliance for Hispanic Health

Provides resources for increasing the well-being and health among Hispanics.

Website: www.hispanichealth.org

References

1. Pace University Counseling Center (2009). Get in the Know: Suicide Prevention for Latino College Students. Retrieved from http://www.pace.edu/counseling-center/sites/pace.edu.counseling-center/files/Latino_Suicide.pdf
2. Rodriguez, N., Mira, C. B., Myers, H. F., Morris, J. K., & Cardoza, D. (2003). Family or friends: Who plays a greater supportive role for Latino college students? *Cultural Diversity and Ethnic Minority Psychology, 9*, 236-250.
3. Pace University Counseling Center (2009). Project OPEN Fact Sheet Latino Students. Retrieved from <http://www.pace.edu/counseling-center/sites/pace.edu.counseling-center/files/Project-OPEN-fact-sheet-Latino.pdf>
4. American Association of Suicidology (2010). The Risk Factors for Suicide. Retrieved from <http://www.suicidology.org/web/guest/stats-and-tools/fact-sheets>
5. O'Connor, R. C. (2007). The relations between perfectionism and suicidality: A systematic review. *Suicide and Life-Threatening Behavior, 37*, 698-714.

