

## Muslim College Students

### **Risk Factors**

- Previous suicide attempt(s)<sup>1</sup>
- Mental health issues<sup>2</sup>
- Conflict between Muslim culture and other cultures/belief systems<sup>1</sup>
- Acculturative stressors
- Academic difficulties<sup>1</sup>
- Interpersonal difficulties (e.g., friends and/or peers)<sup>1</sup>
- Discrimination/prejudice/hate crimes<sup>3</sup>
- A recent loss<sup>1</sup>
- History of physical and/or sexual abuse<sup>2</sup>

### **Warning Signs**

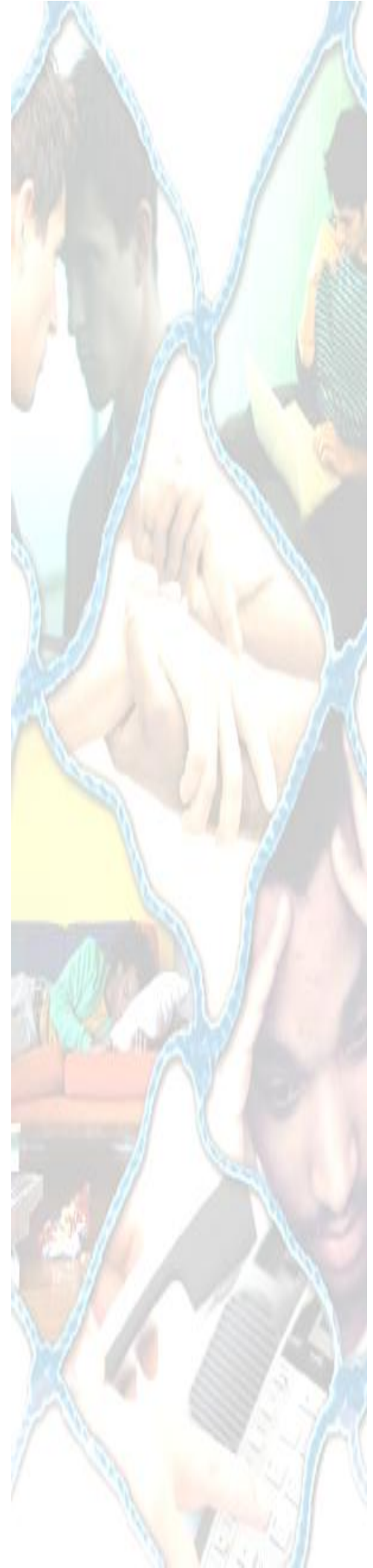
- Focused on death, dying, and suicide<sup>1</sup>
- Talking, writing, or hinting about suicide<sup>1</sup>
- Giving away possessions<sup>1</sup>
- Withdrawal from usual activities<sup>2</sup>
- Dramatic mood changes<sup>2</sup>
- Anxiety<sup>2</sup>
- Perceived burdensomeness<sup>2</sup>
- Hopelessness 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>4</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**

### **Muslim Mental Health**

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

**Website:** <http://www.muslimmentalhealth.com>

### **References**

1. Pace University Counseling Center (2009). Get in the Know: Suicide Prevention for Muslim College Students. Retrieved from [http://www.pace.edu/counseling-center/sites/pace.edu.counseling-center/files/Muslim\\_Suicide.pdf](http://www.pace.edu/counseling-center/sites/pace.edu.counseling-center/files/Muslim_Suicide.pdf)
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. Pace University Counseling Center (2009). Project OPEN Fact Sheet Muslim Students. Retrieved from <http://www.pace.edu/counseling-center/sites/pace.edu.counseling-center/files/Project-OPEN-fact-sheet-Muslim.pdf>
4. O'Connor, R. C. (2007). The relations between perfectionism and suicidality: A systematic review. *Suicide and Life-Threatening Behavior*, 37, 698-714.

