

# NSU Suicide & Violence Prevention Resources

## **Henderson Student Counseling**

954-424-6911

[www.nova.edu/studentcounseling](http://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](http://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](http://www.211-broward.com)

## **Palm Beach Center for Information & Crisis**

561-383-1111

[www.211palmbeach.org](http://www.211palmbeach.org)

## **Switchboard of Miami**

305-358-HELP (4357); 305-644-9449 (TTY)

[www.switchboardmiami.org](http://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](http://www.jedfoundation.org)

## **Suicide Prevention Resource Center**

[www.sprc.org](http://www.sprc.org)

## **Suicide Awareness Voices of Education**

[www.save.org](http://www.save.org)

## **The Depression Center**

[www.depressioncenter.net](http://www.depressioncenter.net)

## **United States Surgeon General**

[www.surgeongeneral.gov/library/calltoaction](http://www.surgeongeneral.gov/library/calltoaction)

## **Yellow Ribbon International**

[www.yellowribbon.org](http://www.yellowribbon.org)

## **Florida Suicide Prevention Coalition**

[www.floridasuicideprevention.org](http://www.floridasuicideprevention.org)

## **National Center for Injury Prevention and Control**

[www.cdc.gov/ncipc/dvp/suicide](http://www.cdc.gov/ncipc/dvp/suicide)

## **National Mental Health Information Center**

<http://mentalhealth.samhsa.gov/suicideprevention/>

## **National Suicide Prevention Lifeline**

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

## **National Clearinghouse for Alcohol and Drug Information**

1-877-SAMHSA7; [www.ncadi.samhsa.gov](http://www.ncadi.samhsa.gov)

## **American Association of Suicidology**

[www.suicidology.org/](http://www.suicidology.org/)

## **American Association for Suicide Prevention**

[www.afsp.org](http://www.afsp.org)

## **Florida Office of Suicide Prevention**

[www.helppromotehope.com](http://www.helppromotehope.com)

## **Florida Initiative for Suicide Prevention**

[www.fisponline.com](http://www.fisponline.com)

## **NSU Office of Suicide and Violence Prevention**

Dr. Douglas Flemons, Dr. Scott Poland, Dr. Erin Procacci, Dr. Gina LaFleur, Oren Schwartz

954-262-5852

[svp@nova.edu](mailto: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?***

I	Ideation
S	Substance Abuse
P	Purposelessness
A	Anxiety
T	Trapped
H	Hopelessness
W	Withdrawal
A	Anger
R	Recklessness
M	Mood Change

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.