

Asian American College Students

Risk Factors

- Previous suicide attempt(s)²
- Mental health issues³
- Unwillingness to seek help due to perceived cultural stigma in seeking mental health services¹
- Conflict between Asian culture and other belief systems/cultures (i.e., social conflict)^{1, 2}
- Interpersonal difficulties (e.g., friend and/or peers)²
- Conflict with parents²
- Academic difficulties²
- Discrimination/prejudice/hate crimes⁵
- History of physical and/or sexual abuse³
- A recent loss²

Warning Signs

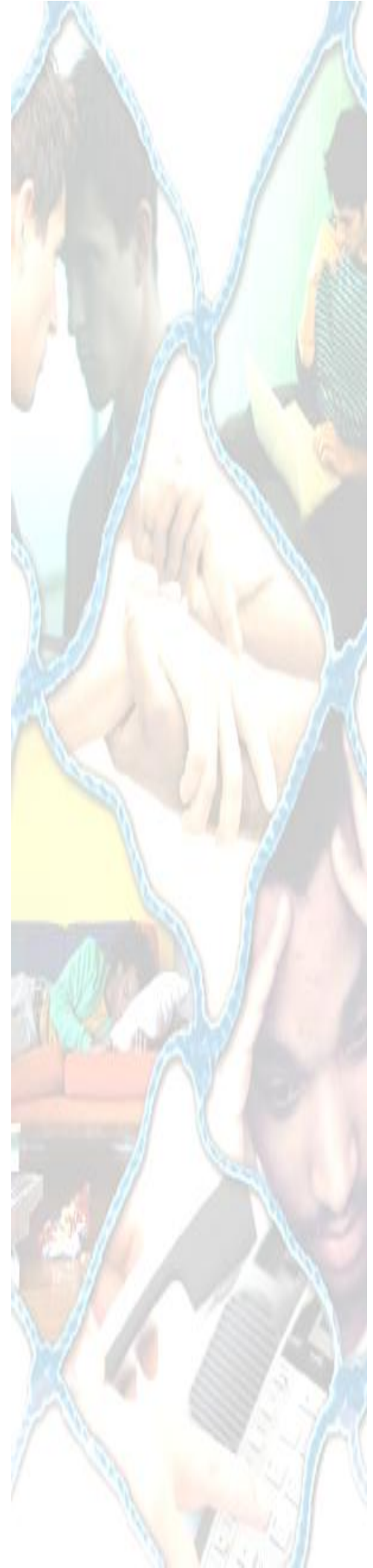
- Focused on death, dying, and suicide²
- Talking, writing, or hinting about suicide²
- Giving away possessions²
- Withdrawal from usual activities³
- Dramatic mood changes³
- Anxiety³
- Perceived burdensomeness³
- Hopelessness and/or feeling trapped³
- Exhibiting changes in behavior, such as:
 - school performance
 - eating
 - appearance
 - sleeping patterns
- Excessive/increased use of substances (e.g., alcohol and/or drugs)³
- Recklessness/excessive risk-taking behavior³
- Perfectionism (e.g., excessive concern about mistakes and/or actions, harshly self-critical)⁴

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

Asian LifeNet Hotline/LIFENET

Toll Free: 1-877-990-8585 (Cantonese, Mandarin, Japanese, Korean, Fujianese)

“Asian LifeNet is part of the 1-800-LIFENET multicultural hotline network of the Mental Health Association of New York City. 1-800-LIFENET operates 24 hours a day, 7 days a week, and an Asian-language translator is accessible through 1-800-LIFENET during the non-operating hours of Asian LifeNet.”

Retrieved from

<http://www.asianmentalhealth.org/aabhsd.asp?orgid=31>

<http://www.aaspe.net/>

References

1. Ting, J. Y., & Hwang, W. (2009). Cultural influences on help-seeking attitudes in Asian American students. *American Journal of Orthopsychiatry*, 79, 125-132.
2. Pace University Counseling Center (2009). Get in the Know: Suicide Prevention for Asian-American College Students. Retrieved from http://www.pace.edu/counseling-center/sites/pace.edu.counseling-center/files/Asian_Suicide.pdf
3. American Association of Suicidology (2010). The Risk Factors for Suicide. Retrieved from <http://www.suicidology.org/web/guest/stats-and-tools/fact-sheets>
4. O'Connor, R. C. (2007). The relations between perfectionism and suicidality: A systematic review. *Suicide and Life-Threatening Behavior*, 37, 698-714.
5. Pace University Counseling Center (2009). Project OPEN Fact Sheet Asian American Students. Retrieved from <http://www.pace.edu/counseling-center/sites/pace.edu.counseling-center/files/Project-OPEN-fact-sheet-Asian-American.pdf>

