

# Student Mental Health Guide

A list of tools to help you prioritize your mental health and experience optimal well-being.



If you or someone you know needs to talk to someone right away call Henderson Student Counseling at 954-424-6911 or call or text 988 to speak with a crisis counselor.

**Mental health is a state of well-being.**

Not feeling 100% today?

Is it more than just a "bad day"?

There are tools and resources available to help you!



## What are the symptoms?

Signs and symptoms you might notice in yourself or a friend that are good reasons to reach out for help.

Feelings of hopelessness, depressed mood.

Withdrawal from friends, family, and activities you used to enjoy

Changes in eating or sleeping patterns.

Feelings of hopelessness, depressed mood.

Feeling tired or exhausted all of the time

Trouble concentrating, thinking, and focusing

Restless, irritable, or agitated.

Neglect of personal care.

Thoughts about death or suicide.

## Get H.O.T. Talk it out!

How to engage in honest, open, and transparent (H.O.T) conversations:

1. Identify how you're feeling
2. Write down the name of someone you trust
3. Write down a date when you'll have a H.O.T conversation



**It's okay to not be okay**

## Need Help?

- Register for 6 FREE sessions at the Henderson Student Counseling at 954-424-6911
- Call or text 988 for 24/7 Crisis Support
- Text 'START' to 678-678 for LGBTQ+ resources.



*click here!*

**Broward Resources**

**Speaks 2 Inspire Resources**

[broward.edu/mentalhealth](http://broward.edu/mentalhealth)

[speaks2inspire.com/resources](http://speaks2inspire.com/resources)