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.

Broward Resources  
[link]

Speaks 2 Inspire Resources  
[link]