The Counseling Center provides free and confidential counseling services to students. To make an appointment stop by the Counseling Center, Guerrieri University Center, Room 263 410-543-6070

For more information, visit: www.salisbury.edu/counseling

DID YOU KNOW?

**International Students:** The most commonly reported concerns international students experience while abroad are relationship issues, depression and isolation.¹

**African-Americans:** Family support, family cohesion and religious coping all serve as protective factors for preventing suicide in African-Americans.²

**Arab-Americans:** The disclosure of personal and family issues is generally viewed as shameful and often makes Arabs reluctant to seek counseling.³

**American Indian/Alaska Natives:** Historical trauma involving attempts to eliminate AI/AN culture, such as forced relocation and the outlawing of traditional religious practices, affect multiple generations of AI/AN people and contribute to high suicide rates.⁴

**Caucasians:** Caucasian males commit suicide more frequently than Caucasian females.⁵

**Asian-Americans:** Asian Americans tend to view the psychological and physical as interconnected and often leads to expressing emotional distress through physical problems.⁶

**Hispanics:** Stress caused by the immigration experience, minority status and increased levels of acculturation have been associated with the increased abuse of alcohol and other substances by Hispanic youth.⁷

**LGBTQ (Lesbian, Gay, Bisexual, Transgender, Questioning):** Several studies link bullying in school to suicidal behavior in LGBTQ youth.⁸

**Military and Veteran Students:** Transitioning to life on a college campus poses challenges for military/veterans students. Renegotiating roles, experiencing survivor’s guilt and dealing with insensitive questions are all aspects that may increase feelings of depression and anxiety.⁹

1 Yakushoko & Sanford-Martens, 2008  
2 Molock, et al, 2006  
4 Brave Heart, Department of Health and Human Services  
5 Centers for Disease Control, 2011  
6 Sue & Sue, 2003  
7 American Association of Suicidology, 2007  
8 American Association of Suicidology, 2011  
9 Suicide Prevention Resource Center, 2013