

We are committed to supporting the success of all students at Vernon College. This includes providing outreach to students who may be struggling with a mental health condition.

People experiencing mental illness often face rejection, bullying, and even discrimination. This can make their journey to recovery longer and more difficult.

How to Help a Friend

1. Know the warning signs
2. Share your concerns
3. Get help
4. Be a good friend
5. Reduce the stigma

If you or anyone you know is struggling with a mental health condition, we have qualified professionals and counselors here to help you. If you have questions or need assistance, please contact one of our counselors in the Student Services office:

Lindsey David, Vernon Campus
ldavid@vernoncollege.edu
(940) 552-6291 ext. 2253

Clara Garza, Century City Center
cgarza@vernoncollege.edu
(940) 696-8752 ext. 3209

Jackie Polk, Century City Center
jpolk@vernoncollege.edu
(940) 696-8752 ext. 3202

Online resources:

www.suicideispreventable.org

www.thetrevorproject.org

www.ok2talk.org

www.helenfarabee.org

www.redriverhospital.com

www.namiwichitafalls.org

Talk to Someone:

National Suicide Prevention Lifeline: 1-800-273-8255

Local Crisis Intervention Line: 1-800-621-8504

Red River Hospital: 1-866-509-4122

Helen Farabee Center of Vernon: 940-553-4002

Helen Farabee Center of Wichita Falls: 940-397-3300