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](http://www.suicideispreventable.org)
- [www.thetrevorproject.org](http://www.thetrevorproject.org)
- [www.ok2talk.org](http://www.ok2talk.org)
- [www.helenfarabee.org](http://www.helenfarabee.org)
- [www.redriverhospital.com](http://www.redriverhospital.com)
- [www.namiwichitafalls.org](http://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