HOW TO HELP A FRIEND

- Reach out and express concern
- Listen attentively and patiently
- Offer support and reassurance
- Provide resource info

EMERGENCY/SERIOUS SITUATIONS

- Any reference to wanting to die/suicide
- Expressed feelings of worthlessness, hopelessness
- Threats, disruptive behaviour
- Extreme distress

What to do:

Call the Counselling Service or Campus Security