

# WE'RE HERE TO HELP



Feeling and believing that **other people care** is one of the greatest resources for dealing with pain.

**Talk to someone. Listen.**

## Campus Resources:

### Health & Counseling Services

509-313-4052 [www.gonzaga.edu/\\_\\_\\_\\_\\_](http://www.gonzaga.edu/)

### Center for Cura Personalis

509-313-2227 [www.gonzaga.edu/refer](http://www.gonzaga.edu/refer)

### Campus Security

509-313-2222 [www.gonzaga.edu/\\_\\_\\_\\_\\_](http://www.gonzaga.edu/)

## Crisis Support:

### 24-Hour Crisis Line

1-800-273-TALK (8255)

Press 1 for Veteran's Services

Press 2 for Spanish

### Crisis Text Line

Text HOME to 741-741

Text STEVE to 741-741

(for people of color)

### The Trevor Project

1-866-488-7386

Text START to 678-678

(for LGBTQ+ people)

### The Trans Lifeline

1-877-565-8860

(for transgender people)

## Community Resources:

### LCS Northwest

509-342-8564

[www.lcsnw.org](http://www.lcsnw.org)

### Frontier Behavioral Health

1-877-366-1818

[www.fbhwa.org](http://www.fbhwa.org)

# Want to help a friend?

## KNOW THE WARNING SIGNS

- 1 Feeling very sad or withdrawn for more than two weeks.
- 2 Threatening to harm or kill oneself or making plans to do so.
- 3 Acting recklessly or engaging in risk-taking behaviors.
- 4 Feeling helpless, hopeless, or a lack of purpose in life.
- 5 Not eating or throwing up to lose weight; significant weight loss or gain.
- 6 Demonstrating rage and anger or seeking revenge.
- 7 Increase use in drugs or alcohol.
- 8 Dramatic changes in mood, behavior, or sleeping habits.
- 9 Extreme difficulty in concentrating or staying still.
- 10 Intense worries or fears that get in the way of daily activities.

## START THE CONVERSATION

"I've noticed that you haven't been yourself lately. Is something going on?"

"It worries me to see you going through such a tough time like this. Let's talk to someone about it."

"I've noticed you're [sleeping more, eating less, drinking more]. Is everything okay?"

## OFFER SUPPORT

I'm sorry you're going through such a hard time right now. I'm so glad you told me and I'm always here to listen. What else can I do to support you?

I just don't see the point anymore.

Do you want me to come over? I really want to help. Let's sit down together and look for places to get help. I can go with you, too.

Asking for help can be hard. Be patient, understanding, and provide hope.

I care about you. What can I do to help you right now?

## BE A FRIEND



Your friend may feel alone; check in regularly and continue to include them in your plans.



Learn more about mental health conditions and how to support a friend.



Avoid saying things like "you'll get over it," "toughen up," "you're fine," or "everything will be okay."



Tell your friend that having a mental health condition does not change the way you feel about them.



Tell your friend it can get better; help and support are available.

## SEEK GUIDANCE

You may want to reach out to someone to talk about how you're feeling or to get advice on how to help your friend. Consider talking to:

A FAMILY MEMBER



A TRUSTED FRIEND



A COUNSELOR OR ACADEMIC ADVISOR



A TEACHER OR COACH



THE CENTER FOR CURA PERSONALIS



FAITH LEADER

