

HOW TO HELP A FRIEND IN NEED



GUIDELINES FOR HELPING A STUDENT IN NEED

1. **KNOW** the signs of distress
2. **APPROACH** the student with empathy and respect:
 - a. Listen carefully and remain calm; show concern interest and understanding.
 - b. Avoid advice-giving, minimizing, “fix it” solutions, and invalidating statements.
3. **ASK** the question if you are concerned:
 - a. “Have you been feeling bad enough to consider hurting or killing yourself?”
4. **GET HELP:**
 - a. Make a referral to a campus resource.
 - b. Consult with your supervisor or professor.
 - c. Call Counseling and Psychological Services CAPS (858) 534-3755 if you need more assistance.
 - d. If you feel this is an emergency, call UCSD Campus police (858) 534-HELP (4357)

Friends and other students are on the frontlines of student well-being. They are often the first to know when students are in distress and when they might need help. Their role in identifying signs of distress and connecting students to services is vital.

SIGNS OF DISTRESS

Changes in Personality/Behavior:

- Consistent sad, anxious, or empty mood, or mood swings
- High Risk / Dangerous Behavior
- Feelings of hopelessness, guilt, worthlessness
- Loss of interest or pleasure in activities that formerly brought pleasure
- Withdrawal and isolation
- Financial recklessness
- High levels of irritability or anger
- Suicidal thoughts or behavior
- Increased alcohol and/or substance use

Changes in Performance:

- Inability to concentrate or make decisions
- Missed or coming late for classes or work
- Excessive procrastination

Physical Symptoms:

- Fatigue, listlessness, drowsiness, lack of energy & sleep disturbance
- Change in personal hygiene
- Change in appetite; weight loss or gain
- Agitation, restlessness

WHERE TO GO FOR FURTHER ASSISTANCE

UCSD Counseling & Psychological Services (CAPS) has a number of services available, including free and confidential counseling.

- Visit our website at <http://caps.ucsd.edu>
- Make a confidential appointment by calling (858) 534-3755
- You can also bring your student to the CAPS central office at Galbraith Hall 190.
- Off-campus assistance is available through *San Diego County Mental Health* which offers a 24 Hour Crisis Line (800) 479-3339 or the National Suicide Prevention Lifeline (1-800-273-TALK)

OTHER CAMPUS RESOURCES

- Sexual Assault & Violence Prevention Resource Center (SARC): (858) 534-5793
- Campus Police: (858) 534-HELP
- Student Health Services (SHS): (858) 534-3300
- Office of Student Disabilities (OSD): (858) 534-4382
- Office for the Prevention of Harassment & Discrimination (OPHD): (858) 534-8298