



You Can Help a Friend

When and How to Reach Out
to Someone in Distress



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To Start Things Off

Today You'll Learn

- How to identify signs of distress
- What you can do to help a friend in distress
- How to take action
- Where to go for more support





Let's Hear About You

What are some ways you help your friends?

What's Happening on Campus

Common Challenges

Within the past year

62% of undergrads surveyed had experienced overwhelming anxiety

40% had experienced depression that interfered with normal functioning

Academics

34% felt their schoolwork was negatively affected by stress

26% by anxiety

22% by trouble sleeping

17% by depression

10% by relationship difficulties

Health and Safety

Of students who used alcohol, while partying

23% had unprotected sex

3.2% had some kind of non-consensual sexual contact

14% injured themselves physically

And **37%**—over $\frac{1}{3}$ —did something they later regretted*

Distress:

What it is and
What it isn't

Is: Sometimes a result
of circumstance

Is not: Always caused by a
clinical mental illness

Is: Deserving of help and care





To My Brothers



Watch later



Share



Why You Need Each Other

70% of students say that when in need, they turn to a friend first*

You might be the friend they need

Getting Help: It's Okay
to Not Be Great

Help is Available

Asking for help

is brave and
can make a
big difference



Diagnose the Situation

How do you know when you need to go to the doctor?

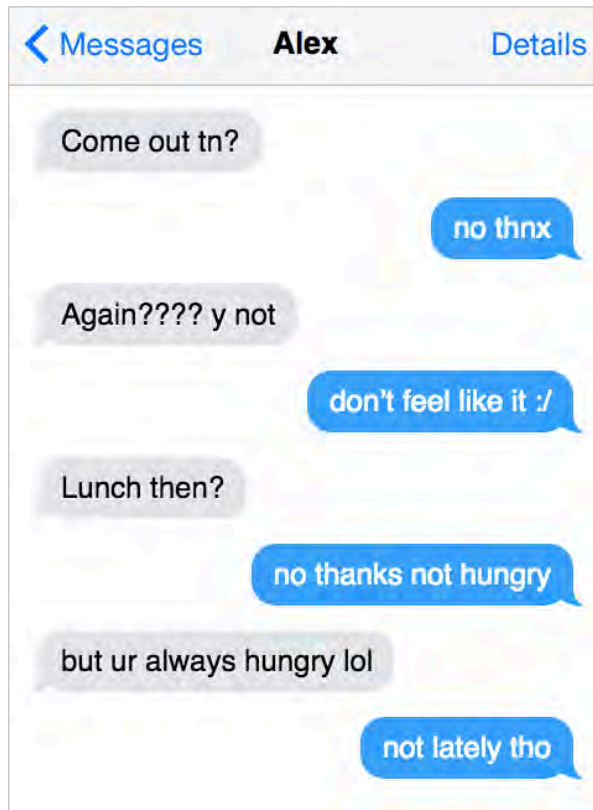
When to Get Help

- If thoughts, feelings, or behaviors
 - Are too intense
 - Last too long
 - Don't get better or get worse
 - Get in the way of normal activities
 - Are associated with other problems
 - Become dangerous
- If something just feels off or not right
- Trust yourself to know when something is wrong

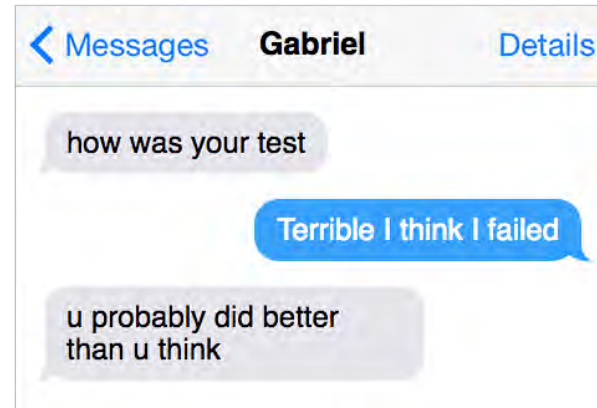


Sending a Message

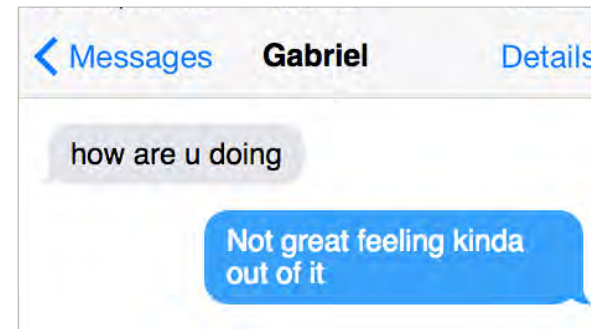
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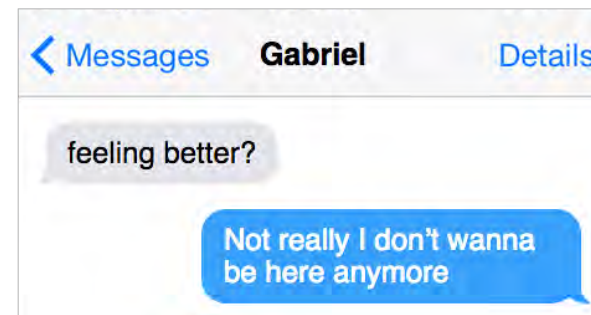
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October 28, 2018 - 8:03 PM



November 13, 2018 - 10:05 PM



You Already Know if a Friend Needs Help

You don't need to be an expert to know that something is wrong

You don't need to know what's wrong to help someone who needs you



You Can Tell When
Something is Wrong

Signs

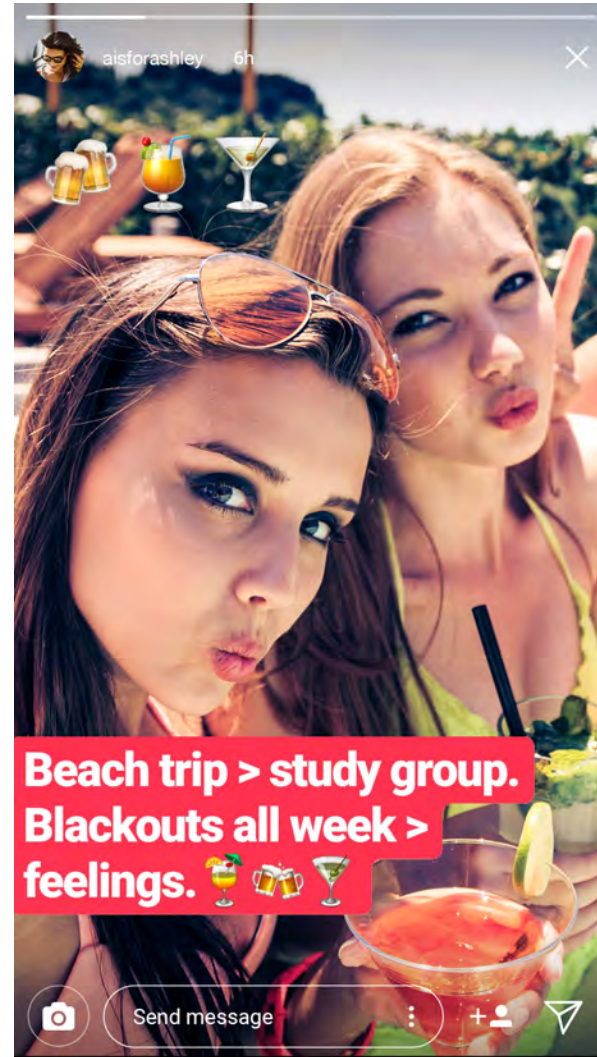
Changes in

- Appearance
- Mood or disposition
- Behavior or speech
- Relationships
- Grades or level of interest in school



Follow Her Story

You Can Tell When Something is Wrong



Where to Go

Crisis Text Line:

Text START to 741-741

National Suicide Prevention Lifeline:

1-800-273-TALK

Being There: When a Friend is at Risk of Suicide

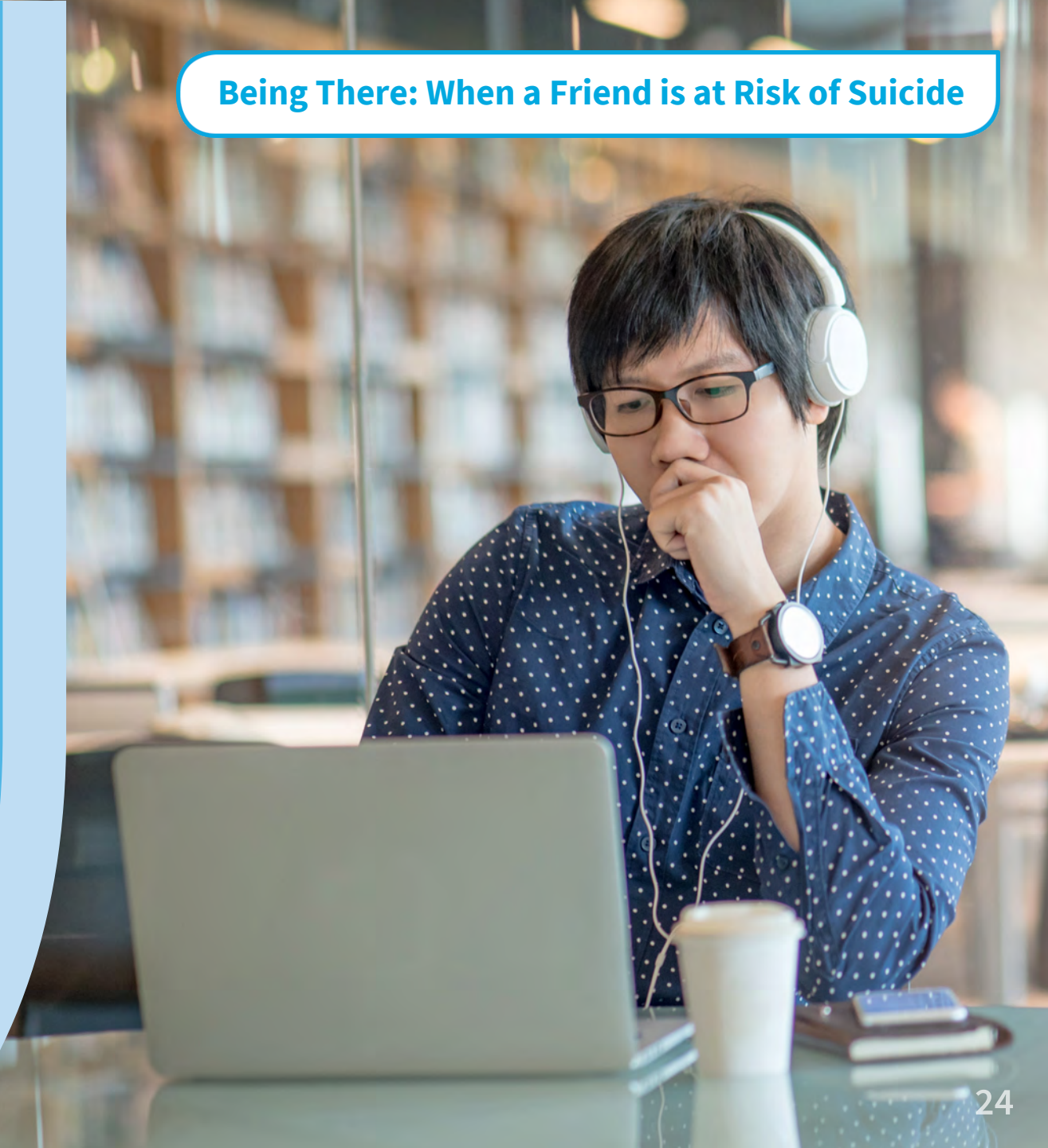
Signs

- Talking about wanting to end it all
- Giving away possessions
- Expressing guilt, hopelessness, or desperation
- Withdrawing from everyday life
- Experiencing intense anger
- Asking about or seeking access to fatal items
- Posting goodbye

What to Do

Take it seriously: 50-75% of people who attempt suicide talk about it first, and usually with a friend

- Get the information you need to know how to act
- Connect them to help
- Never put yourself in danger



Who to Talk To

A healthcare professional or campus resources

Call:

1-800-273-TALK

Text:

START to 741-741

In an emergency, always call 911

How to Have the Conversation



Seize the Awkward | Friendship & Mental Health | Ad Council



Watch later



Share





So...How Did it Go?

Remember a difficult conversation you've had.

What made it worth it?

How to Start the Convo

- Explain why you are concerned
- Use examples
- Show compassion
- Listen
- Know your limits
- Be aware that it might not go as planned—and that's okay



IRL. Practice what to say.

“I’m worried about you because...”

What if They Don't Listen?

Your friend may

- Not believe that there's a problem
- Believe that talking about it will make it worse
- Be worried about consequences
- Feel judged
- Need to talk to someone else or at a different time



What if They Don't Want to Talk?

- Offer to talk at another time
- Recommend they talk to a professional
- Connect them to resources
- Keep the lines of communication open
- Follow up
- Keep trying
- Call **911** if you feel that there's potential for harm to self or others



Help a
Friend Today

You Can Make a Difference

- Stay aware
- Trust your instincts
- Reach out
- Ask the awkward question
- Spread the word—share these resources



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**American College Health Association. American College Health Association-National College Health Assessment II: Undergraduate Student Reference Group Data Report Spring 2017. Hanover, MD: American College Health Association; 2017*

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