

# Guiding Students to Get Help

## Share Your Concerns

- Share your observations with the person of concern. Focus on being nonjudgmental, compassionate and empathetic.

- Show you genuinely care and are actively listening by asking follow-up questions. Use these “I” (instead of “you”) comments to get the conversation started:

*“I’ve noticed you’re [sleeping more, eating less, etc.]... ”*

*“I feel like you’re [stressed out, angry, etc.]. Is everything ok?”*

*“I’ve noticed that you haven’t been acting like yourself lately. Is something going on?”*

*“It makes me afraid to hear you talking about dying. Can we talk to someone about this?”*

## Offer Support

- Ask the person what you can do to help.

- You can suggest specific things that might help like:

*“How can I best support you right now? Is there something I can do, or can we involve others who can help?”*

*“Is there any information or resources I can find for you?”*

*“Can I help you locate mental health services and supports? Can I help you make an appointment?”*

*“Would you like me to call to the Wellbeing and Counseling Center with you?”*

## Take Action

- Tell someone you trust (consult with resources)

- Talk to the student by saying:

*“I’m very concerned about you. I’ll reach out to the Wellbeing and Counseling Center and connect you with additional support. They will reach out to you soon. Does it sound like a good plan?”*

- Call the resources:  
RUPD/REMS 713-348-6000 (24/7)

Wellbeing and Counseling Center  
713-348-3311 (24/7)

National Suicide Lifeline  
(800) 273-TALK (8255)

Crisis intervention of Houston  
713-468-5463 (24/7)

