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 or walk with you to the Wellbeing and Counseling Center?”

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)