

Back Panel Heading

This is a good place to briefly, but effectively, summarize the products or services that you offer. Sales copy is typically not included here.

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Organization

JOHN-JAY-COLLEGE

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4
Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com

JOHN-JAY-COLLEGE

HELPING A FRIEND

Your business tag line here.



Tel: 555 555 5555

IF YOU THINK A FRIEND NEEDS HELP:

- ⇒ **DON'T IGNORE IT:** Ask them without judgment, letting them know your concerns. This lets them know you care, & can help them face the problem.
- ⇒ **USE I- STATEMENTS:** Express your feelings, "I'm concerned about how sad and withdrawn you've been, and not acting like yourself"
- ⇒ **EDUCATE YOURSELF:** About potential resources that may help, such as counselors, psychologists, and health educators can help you to help your friend.

Helping Basics:

- ⇒ **Be Honest with yourself and your friend:** Know your own competence, and time you can devote in helping your friend. Let them know if you are aware that you can't help them. There may be conflicts of values, being too close to your friend, or your own issues. Help them find another source if you can't assist them
- ⇒ **Don't take it on alone:** If you don't feel qualified to help, find someone who is. Learn about the different resources and qualified professionals that may be better able to help.
- ⇒ **Keep in touch:** contacting your friend regularly encourage him/her to continue talking and reach out to others for support.

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