



1

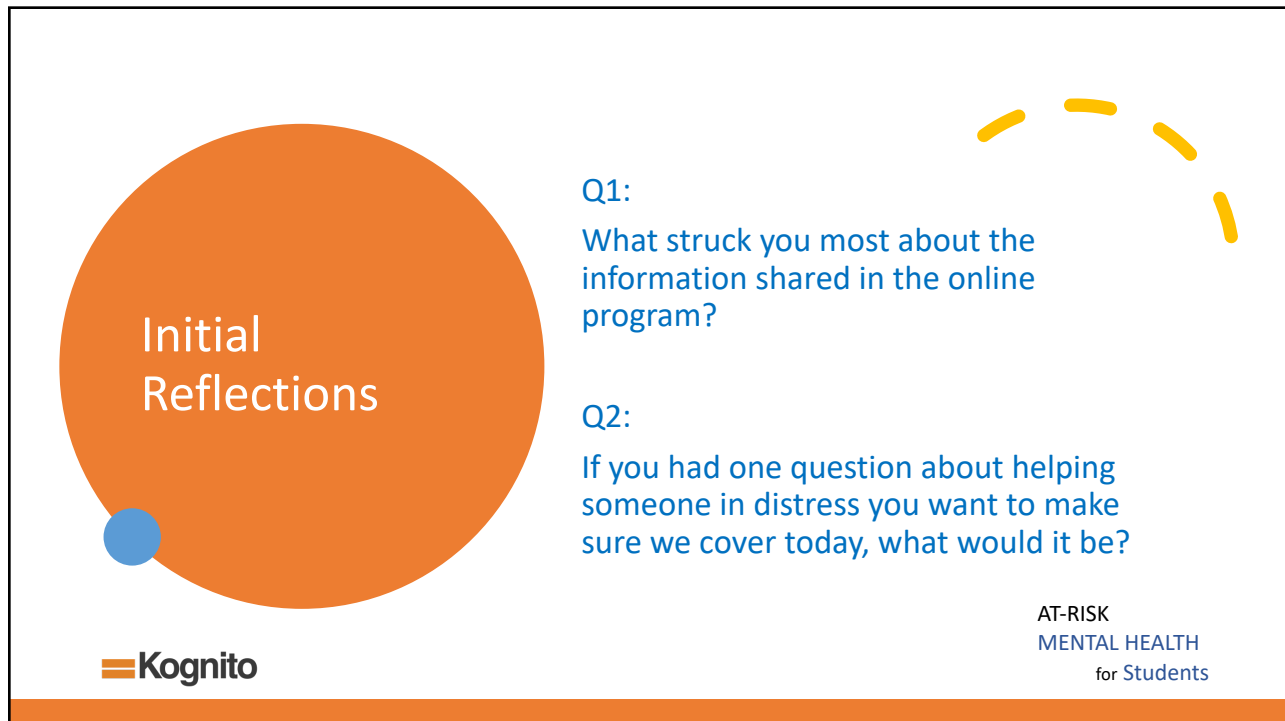
Shared Expectations & Ground Rules

- It's important that each participant is given the time to express the full range of thoughts and/or ideas before someone responds.
- Share from your own experiences.
- It's important that the group agrees to confidentiality. What is said in the group remains in the group.

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2



Initial Reflections

Q1:
What struck you most about the information shared in the online program?

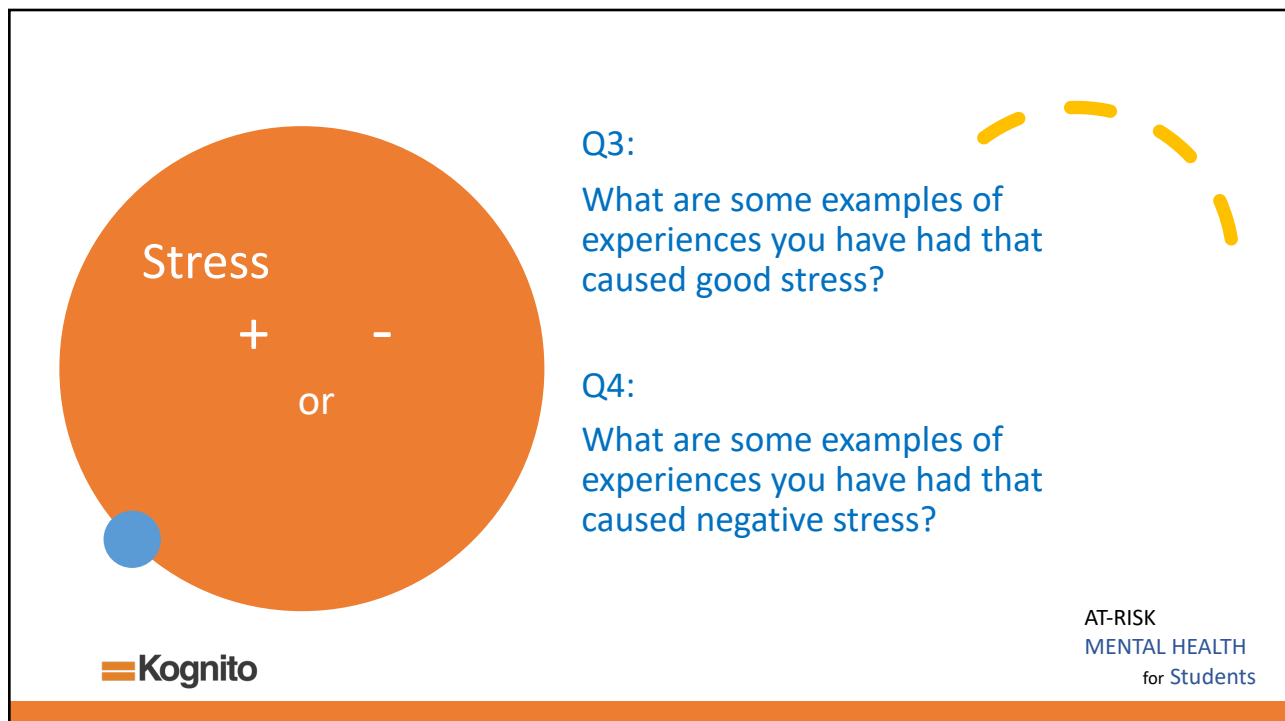
Q2:
If you had one question about helping someone in distress you want to make sure we cover today, what would it be?

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The slide features a large orange circle on the left with the text "Initial Reflections" inside. A small blue circle is at the bottom left of the orange circle. To the right of the orange circle are two questions, Q1 and Q2, in blue text. A yellow dashed arc is positioned above the questions. The Kognito logo is at the bottom left, and the text "AT-RISK MENTAL HEALTH for Students" is at the bottom right.

3



Stress
+ -
or

Q3:
What are some examples of experiences you have had that caused good stress?

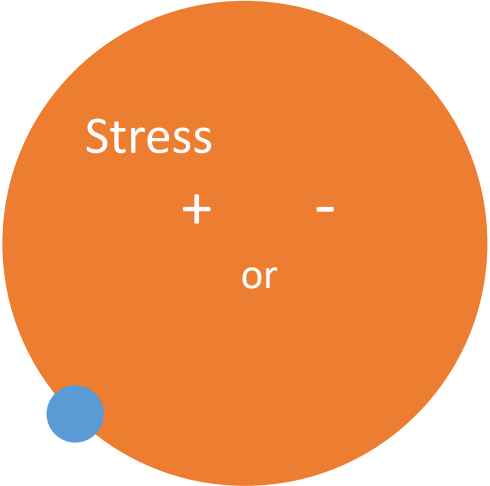
Q4:
What are some examples of experiences you have had that caused negative stress?

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The slide features a large orange circle on the left with the text "Stress + - or" inside. A small blue circle is at the bottom left of the orange circle. To the right of the orange circle are two questions, Q3 and Q4, in blue text. A yellow dashed arc is positioned above the questions. The Kognito logo is at the bottom left, and the text "AT-RISK MENTAL HEALTH for Students" is at the bottom right.

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Stress
+ -
or

Q5:
Can you share any real-life examples of peers that you have seen in distress (no names)?

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Signs & Experiences
of Stress

Q1:
• Think about a time of stress. What did you notice about yourself?

Q2.
• What are some warning signs you may notice in a person who is experiencing distress?

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A Friend in Distress: Scenario 1 - *Rama*

Rama is the child of immigrants and the first in his family to pursue higher education. Other than special events like his birthday, he often stays at home and works instead of going out.

Rama's father died a few months ago from a heart attack, which left his mother alone to take care of his two younger sisters. Right after the funeral, Rama mentioned to Jesse he wanted to do even better in school in his father's memory. In the months since then, Rama has rarely spent time with people outside of projects for class.

Recently, Maya encouraged Rama to come to their friend's party. Rama said he'd try but didn't end up going. When Maya checked in with him, Rama said he got a C minus on a recent test and felt too upset to leave the house.



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A Friend in Distress: Scenario 2 - *Travis*

Travis has been having a difficult time at school. His sister raises a child alone, which is a big cost for the family. So, Travis has to work thirty hours a week to help pay for school. He mentioned to Jesse that juggling everything has been a lot to balance, and sometimes he's felt overwhelmed by it all.

Travis has little time to do anything other than attend classes, work, and babysit his sister's child. When he does have time off, he usually goes home with one or two six-packs of beer and finishes them himself.

A few days ago, Travis got upset about a group project and kicked a chair. When Rama, Maya, and Jesse checked in with him about it a few days later, he shrugged and said he didn't want to talk about it.



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A Friend in Distress: Scenario 3 - *Jesse*

Jesse knows she can make an impact. She's involved in many on-campus groups, from criminal justice reform to homeless outreach. And of course, any time a friend is having a tough time, she wants to be there.

But Jesse isn't always the best at knowing when to put herself first and others second. More than once she's chosen not to eat when she had a paper due. And she slept through a couple of her early morning classes because she was supporting a friend who went through a bad breakup.

Recently, Jesse showed up at the very end of her friend Rama's birthday dinner because she got caught up making signs for a rally. She was very upset at herself and kept apologizing to Rama for days afterward, even after he said it wasn't a big deal.



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A Friend in Distress: Scenario 4 - *Maya*

Maya's experiences in school have also been a little intense lately. Maya came out as queer to her friends earlier this year and started seeing someone. After a few months they had a bad breakup and Maya took it pretty hard.

A couple months after the breakup, Travis got a text from Maya asking for his help getting home from a party. When he got there, he found Maya high and disoriented. Maya saw Travis a few days later and thanked him for helping her get home. She mentioned she was embarrassed she hadn't gotten over the breakup yet.



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Supporting a Friend – Starting the Talk

Techniques

- Neutral Statements & Questions >
- Focus on specific observable behavior and why it concerns you >
- Speak from your own perspective >
- Avoid giving advice unless you are asked >
- Reassurance with confidentiality, respect, and empathy >

Examples

- “How are things going for you?”
- “What are you finding challenging?”
- “I haven’t seen you as much on the class group chat, or study group. I’m a little worried about you.”
- “It seems like you’re juggling a lot of things.”
- ~~“Well, you should just do...”~~
- “You matter to me, and I care about what you’re going through.”

Suicidal Ideation and Referral

- If you are ever concerned that someone may be having thoughts of suicide or self-harm it is always okay to ask.
- It is okay to ask directly but be sure to maintain a non-judgmental tone. Asking a student if they are thinking about suicide is direct and does not imply any judgment.
- Asking will *not* put the idea in their head. In fact, they might be relieved that someone asked them, and they can talk about it.

Supporting a Friend – Identifying Help

If you sense that a friend's distress is something beyond what they can manage on their own, *supportively suggesting campus resources* is also an important step to take.

Know your resources.

Knowledge Check: Are you able to identify the resources available to assist you or a friend?



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Reflections



Think about a time you had a conversation with a friend about a concern that you had for them, or that they had for you. What was helpful for you to say or hear?

Write a key takeaway and an action item for yourself and discuss it with a partner or as a group.



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Creating a Self-Care Plan for Stress

Self-Soothing helps de-stress in the moment

Self-Care is sustained, beyond “right now”

- Psychological
- Emotional
- Physical
- Spiritual
- Social



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Reflections on Self-Care



Q. What are some things you currently do to invest in healthy self-care?

Q. What would you like to begin doing to invest in healthy self-care?



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Recap

Supporting a Friend, Supporting Yourself

- Use Specific Neutral Observations
- Focus on Specific, Observable Behavior
- Speak from Your Own Perspective
- Reassure with Confidentiality, Empathy and Respect
- Self-Care Plan and Practices
- Connecting with Supportive Resources

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