IT'S NOT JUST IN YOUR HEAD

Mental health is more than how you cope with stress, problems, or a crisis.

Find out more about all the mental health resources available to you at IU, including counseling services; campus food pantries; recreational activities; student organizations; Diversity, Equity, and Inclusion resources; and more!

iu.edu/mental-health/index.html

Let's be there for one another

Do you know how important you are to your classmates, friends, and community? Our social connections matter so much! Just being present for another person going through a difficult time can make a world of difference.

1. Start the conversation. If you've witnessed some of the warning signs—missing class, looking tired or sad, isolating themselves—in a friend for two weeks or more, let them know what you see and that you care.

2. Know your limits. Sometimes we think we can fix things for others but end up doing more harm than good. Try not to offer advice or compare your experiences with theirs. Just be there for them.

3. Listen with care. Deep, engaged listening can show how much you care. Turn off your phone, make eye contact—be curious and patient!

4. Connect with help. Distress can make a person feel so isolated. You can't (and should not try to) force a person to take advantage of mental health services, but you can support them on their journey. Ask if they would like help researching their options or if they would like you to be there the first time they make a call or visit.