

# HOW TO HELP A FRIEND

## NOTICE

It's OK to ask and express genuine concern.  
Be specific about the behaviour that worries you.

*"I've noticed (...) and I'm concerned about you"*

## ASK

Initiate the conversation.  
Give them time and space to answer.

*"Is there anything I can do to help you?"*

## LISTEN

Use active listening.  
Listen non-judgmentally.

*"I'm listening - you aren't alone"*

## SUPPORT

Acknowledge and validate their feelings.  
Let them know you are there for them.

*"It sounds like you're going through a really difficult time"*

## REFER

Ask the WEC Staff for help finding resources.  
Offer to go together to figure out the next steps.

*"We can go to the WEC together today"*

# SITUATIONS REQUIRING ATTENTION

## MARKED CHANGES IN MOOD OR BEHAVIOUR?

Suggest professional help if the person:

- Withdraws from school interactions or academic work;
- Exhibits notable changes in energy levels; or
- Appears to lose interest in their appearance or personal hygiene

## PROBLEMS WITH THINKING/COMMUNICATION?

Suggest professional help if the person:

- Has difficulty forming thoughts or completing sentences;
- Cannot sustain rational conversations
- Uses odd speech; or
- Finds it difficult to concentrate or make decisions

## DISRUPTED EATING?

Suggest professional help if the person is engaging in:

- Excessive dieting;
- Uncontrolled binge eating; or
- Self-induced vomiting

## LEARNING AND ACADEMIC CHALLENGES?

Suggest professional help if the person is:

- Facing serious academic challenges;
- Considering withdrawal from the university; or
- In jeopardy of failing

## ASSAULT AND/OR HARASSMENT?

Suggest professional help if the person has experienced:

- Sexual assault;
- Harassment, bullying, or physical/emotional abuse;
- Stalking; or
- Discrimination

## ON CAMPUS CONTACTS

Wellness Education Centre  
Visit: UCC 76  
Call: (519) 661-2111 x 87127  
Email: [wec@uwo.ca](mailto:wec@uwo.ca)  
Fall/Winter: Monday - Friday: 10 a.m. - 6 p.m.  
Summer: Monday - Friday 10 a.m. - 4 p.m.

## 24/7 SERVICES

Good2Talk  
1 (866) 925-5454  
  
Mental Health, Addiction, and Crisis Centre  
648 Huron Street  
Crisis Response Line: (519)433-2023

If someone is at immediate risk of harm to themselves or others, call 911 to ask for help immediately and be direct about the situation