



# How to Help A Friend with their mental wellbeing

## Helping A friend

Helping a friend often starts with noticing changes in their behavior:

- They seem anxious, depressed, or socially withdrawn
- Their use of alcohol or other substances has increased
- They talk about feeling helpless, worthless, or hopeless
- They have major changes in sleep or eating habits
- They are cutting themselves
- They talk about dying or even killing themselves, even if they do not have a plan to do so

### What can you do?

- Say what you see, such as, "I notice that you haven't been hanging out with us much lately...what's up?"
- Offer your support. For example, "How can I help you right now? You're important to me."
- Check in with them regularly – even if they seem to be withdrawing from you.
- Don't dismiss their problems or tell them that they will get over it or snap out of it.
- Make sure they know about other supports (like the Talley Center) and offer help accessing them. ("Would you like to walk over to the Talley Center together?")
- If you're concerned about your friend's immediate safety, get help right away (tell an RA, call UMW Police, etc.)

## Take Care of Yourself

Know your limits. You can support others better when you take care of yourself first.

## Resources

### UMW Center for Community Engagement

✉ cce@umw.edu  
☎ (540) 654-2272

### James Farmer Multicultural Center

✉ umwjfmc@gmail.com  
☎ 540-654-1044

### Student Health Center

✉ healthcenter@umw.edu  
☎ 540-654-1040  
➖ No Walk In Appointments

### UMW PRISM

🐦 @umwprism

### Eagles In Recovery

✉ jrausche@umw.edu  
✉ rtuttle@umw.edu

### Talley Center

☎ (540) 654-1053

### UMW SafeZone

📷 @umwsafezone

- Crisis Text Line** 741741 / Facebook Messenger: facebook.com/crisistextline
- National Hopeline Network** 1-800-SUICIDE (784-2433)
- National Sexual Assault Hotline** 1-800-656-HOPE (4673) / Live chat: online.rainn.org
- National Suicide Prevention Lifeline** 1-800-273-TALK (8255)
- Northern VA Crisis Hotline** 1-703-527-4077
- Transgender Suicide Hotline** 1-877-565-8860