

Create a ~~stigma~~free Campus

“#IAmStigmaFree and I know how to help a friend.”

Share Your Concerns

Share what you're concerned about with your friend using nonjudgmental “I” statements.

- “I've noticed you're [sleeping more, eating less]. Is everything okay?”
- “I've noticed that you aren't acting like yourself. Is something going on?”
- “It worries me to hear you talk like this. Can we talk about it?”

Be There

You are an important part of a positive support network.

- Check-in regularly and include your friend in your plans – even if they say no a bunch of times.
- Ask your friend to help you understand what they're going through. Avoid using judgmental or dismissive language, such as “you'll get over it” or “you just need to make yourself [eat, go out more, happy, relax, etc.]”
- Remind them that their mental health condition doesn't change the way you feel about them.

Offer Support

Support takes a lot of forms, from finding professional help to day-to-day tasks

- “Do you want to make an appointment with a counselor? Can I help you make an appointment or go with you to the counseling center?”
- “I'm going to Chipotle. Want me to bring you a burrito?”
- If you don't know how to help, ask, “What do you need to feel better right now?”

Reach Out to Someone You Trust

It's important to take care of yourself, too, so you may want to seek advice from or talk to a:

- Family member
- Resident advisor
- Counseling center staff member
- Fraternity or sorority advisor
- Professor
- Faith-based leader

A stigma free campus starts with us!