

SUPPORTING A FRIEND IN DISTRESS

Examples of distress

- Withdrawing from friends
- Missing classes/ decreased academic performance
- Increased drug and/or alcohol use
- Feelings of hopelessness, worthlessness, or thoughts of harming themselves or ending their life

Share

Share your concerns with your friend. E.g. " I am concerned about how sad you seem and want to support you."

Listen

Listen to your friend's experience. Having a supportive and understanding space to share can be impactful in and of itself.

Foster hope

Foster hope by validating your friend's experience and encourage them that they are not alone. Point out that we all need help at different times.

Offer your support

Offer your support for your friend now and moving forward, if you are able to do so. It may be helpful to ask your friend what you can do to support them and what has been helpful to them in the past.

Help your friend find other support

Help your friend find other support as well as you: friends and family (if they are supportive), university resources, RAs, faculty, the CTC.

Take care of yourself

- You have a right to ensure your personal safety
- It is important to have boundaries and set clear limits
- Don't shoulder the responsibility for your friend on your own
- If you don't take care of your personal needs, you can't care for another
- You are not alone, share your own thoughts and feelings with others

CONTACT US

UW La-Crosse Counseling and Testing Center

2106 Centennial Hall
8 - 4:30pm M-F
Urgent care: 12 - 4pm M-F

Phone: 608-785-8073

Website:
www.uwlax.edu/counseling-testing

Emergency Resources

UWL Police:
608-789-9999

City of La Crosse
Police: 911 or 608-
785-5962

Great Rivers 211: 211
or 800-362-8255

Suicide and Crisis
Lifeline: Call or text
988



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