Feeling and believing that **other people care** is one of the greatest resources for dealing with pain.

**Talk to someone. Listen.**

**Campus Resources:**

- **Health & Counseling Services**
  509-313-4052  www.gonzaga.edu/
- **Center for Cura Personalis**
  509-313-2227  www.gonzaga.edu/refer
- **Campus Security**
  509-313-2222  www.gonzaga.edu/

**Crisis Support:**

- **24-Hour Crisis Line**
  1-800-273-TALK (8255)
  Press 1 for Veteran's Services
  Press 2 for Spanish

- **Crisis Text Line**
  Text HOME to 741-741
  Text STEVE to 741-741
  (for people of color)

- **The Trevor Project**
  1-866-488-7386
  Text START to 678-678
  (for LGBTQ+ people)

- **The Trans Lifeline**
  1-877-565-8860
  (for transgender people)

**Community Resources:**

- **LCS Northwest**
  509-342-8564  www.lcsnw.org

- **Frontier Behavioral Health**
  1-877-366-1818  www.fbhwa.org
Want to help a friend?

KNOW THE WARNING SIGNS

1. Feeling very sad or withdrawn for more than two weeks.
2. Threatening to harm or kill oneself or making plans to do so.
3. Acting recklessly or engaging in risk-taking behaviors.
4. Feeling helpless, hopeless, or a lack of purpose in life.
5. Not eating or throwing up to lose weight; significant weight loss or gain.
6. Demonstrating rage and anger or seeking revenge.
7. Increase use in drugs or alcohol.
8. Dramatic changes in mood, behavior, or sleeping habits.
9. Extreme difficulty in concentrating or staying still.
10. Intense worries or fears that get in the way of daily activities.

START THE CONVERSATION

"I’ve noticed that you haven’t been yourself lately. Is something going on?"

"It worries me to see you going through such a tough time like this. Let’s talk to someone about it."

OFFER SUPPORT

I’m sorry you’re going through such a hard time right now. I’m so glad you told me and I’m always here to listen. What else can I do to support you?

I care about you. What can I do to help you right now?

BE A FRIEND

Your friend may feel alone; check in regularly and continue to include them in your plans.

Learn more about mental health conditions and how to support a friend.

Avoid saying things like “you’ll get over it,” “toughen up,” “you’re fine,” or “everything will be okay.”

Tell your friend that having a mental health condition does not change the way you feel about them.

Tell your friend it can get better; help and support are available.

SEEK GUIDANCE

You may want to reach out to someone to talk about how you’re feeling or to get advice on how to help your friend. Consider talking to:

A FAMILY MEMBER
A COUNSELOR OR ACADEMIC ADVISOR
THE CENTER FOR CURA PERSONALIS
A TRUSTED FRIEND
A TEACHER OR COACH
FAITH LEADER

Office of Health Promotion
GONZAGA UNIVERSITY