

HOW TO HELP A STUDENT

Compiled by Dani Bristow

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
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