See Something.
Say Something.
Do Something.

How to Help a Friend Who’s Struggling
Today’s Goals:

1. Identify Warning Signs
2. Build Confidence in Speaking to a Friend
3. Review Mental Health Resources on Campus
4. Learn More About Counseling Services
Mental Health

A Broad Definition
Let’s Talk About: *Stress* vs. *Distress*

- **Stress** is normal

- Prolonged **Stress** can create **Distress**

- How would you know someone is in **Distress**?
### Distress: Your Body Will Let You Know

<table>
<thead>
<tr>
<th>PHYSICAL SIGNS</th>
<th>EMOTIONAL + COGNITIVE SIGNS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low Energy</td>
<td>Frustrated/Moody</td>
</tr>
<tr>
<td>Headaches</td>
<td>Feeling Overwhelmed</td>
</tr>
<tr>
<td>Upset Stomach</td>
<td>High Levels of Emotions or</td>
</tr>
<tr>
<td>Chest Pain/Rapid Heartbeat</td>
<td>Feeling Numb</td>
</tr>
<tr>
<td>Sleep Difficulties</td>
<td>Constant Worrying/Racing</td>
</tr>
<tr>
<td>Increase in Substance Use/Shopping/</td>
<td>Thoughts</td>
</tr>
<tr>
<td>Food Intake</td>
<td>Inability to Focus</td>
</tr>
<tr>
<td></td>
<td>Being Pessimistic/Negative</td>
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</tbody>
</table>
You Are Not Alone

Roughly **20-25% of adults** experience a mental health concern each year.

Counseling Services sees **more** students per year than the national average for college counseling centers.
34% felt their schoolwork was negatively impacted by stress
26% by anxiety
22% by trouble sleeping
17% by depression
10% by relationship difficulties
Depression and Anxiety are the most common mental health concerns seen on campus.

Ask yourself, “How am I thinking about:

- myself,
- my future
- the world?”
How to Intervene

SEE SOMETHING

SAY SOMETHING

DO SOMETHING
See Something

Look for the Following Signs

- Distress Behaviors
- Changes in Personality
- Troubling Changes in Behavior
- High Level of Negative Talk
- Goodbye Behaviors
- Talking of Suicide
Say Something

**DO:**
- Listen and Accept
- Show Concern
- Keep Conversation Focused
- Ask About Suicide Directly
- Offer Hope

**DON’T:**
- Handle This Alone
- Be Afraid to Get Others Involved
- “Stand Guard”
Do Something

Connecting Someone to Resources

CH&W Counseling Services

Non-Emergency Resources

Emergency Resources
Do Something: COUNSELING SERVICES

Formal Services
Individual Therapy, Group Therapy, Emotional Wellbeing Workshops

Drop-In Services
Let’s Talk, Support Groups, Yoga, End of Quarter Workshops

24/7 Talk/Crisis Line
805-756-2511 and select to talk to mental health professional now
Do Something: NON-EMERGENCY RESOURCES

PULSE (Peer Health Educators) 805.756.6181
Wellbeing (BASICS/CASICS) 805.756.6181
Counseling Services 24/7 Line 805.756.2511
Residential Advisor/CSD (Housing)
Academic Advisor (by major/college)
Dean of Students 805.756.0327
Safer (sexual assault) 805.756.2282
Spiritual Advisor (on or off campus)
Red Folder (Student Portal)
Do Something: EMERGENCY RESOURCES

Counseling Services 24/7 Crisis Line 805.756.2511

Cal Poly Police Department or SLO Police 911

Emergency Room at a Hospital

SLO Crisis Stabilization Unit 805.788.2507
Let’s Review

1. You Are Not Alone
2. See Something
   Notice the Signs
3. Say Something
   Show your Concerns
4. Do Something
   Connect to Resources
For More Information:

Call Us
(805) 756-2511

Email Us
counseling@calpoly.edu

Our Website
chw.calpoly.edu/counseling

Follow Us on social media @mycpwell
Have Feedback?

Please scan this code or email us at counseling@calpoly.edu