WHEN TO BE CONCERNED ABOUT A FRIEND

Everyone feels depressed or upset at one time or another. But when distress persists and interferes with school or social life, it may be cause for concern.

PHYSICAL OR PSYCHOLOGICAL SIGNS YOUR FRIEND MAY NEED HELP

- Chronically ill or disabled
- Missing or inappropriate personal effects
- Restaurant or otherPortrait
- Physical or emotional problems
- Loss of appetite or difficulty eating
- Excessive use of alcohol or other drugs
- Excessive fatigue or difficulty sleeping
- Excessive irritability or outbursts
- New or worsening depression, anxiety, or other psychological problems

RESPECT your friend’s wishes for confidentiality, but don’t make promises you can’t keep. You may need to talk to a professional about your concerns.

KNOW YOUR LIMITATIONS

Recognize situations where you need to contact professionals to help your friend.

- Your friend is depressed or has difficulty concentrating or maintaining interest in things he or she used to enjoy.
- Your friend is using alcohol or other drugs.
- Your friend is physically ill or has a chronic health problem.

MAKING A REFERRAL TO CAPS

Suggesting counseling is a way to help your friend.

- Offer to walk with your friend to CAPS or call CAPS together to schedule an initial appointment.

WHY COME TO CAPS

Don’t manage a friend’s stress alone. There are professionals across campus who can help if you feel overwhelmed, fearful, or uncomfortable. Reach out to your House Dean, RA, or G.A. Call CAPS or the Student Health Service. You will be helping your friend by getting others involved.

Remember to take care of yourself. It’s great to be a supportive friend, but you need not be a hero. Tend to your own needs. Don’t let helping a friend cause you stress, health problems or academic difficulties. Call CAPS to talk to a clinician yourself.