

THE STUDENTS' GUIDE TO PEER MENTAL HEALTH SUPPORT

STARTING THE CONVERSATION

Offer to listen

Express your concerns

Find a comfortable talking environment

Approach from a position of support

Check in regularly

"Is everything okay?"

Adjust your tone as the conversation continues

"I noticed you haven't been acting yourself."

"You seem really down lately and that worries me"

HOW TO BE A SUPPORTIVE FRIEND

Make sure they know you are there for them

Help them identify a trusted adult

Ask specifically how you can help

Be patient, understanding, and non-judgmental

Offer to talk to an adult with them

SIGNS TO TALK TO AN ADULT

Voiced thoughts of suicide or self-harm

Drastic changes in mood, behavior, and sleep habits

Repeated use of substances

Restricting, bingeing, or purging food

Extreme drop off of scheduled activities

OTHER DISCLAIMERS

When in doubt, talk to an adult

Don't force anything, you may not be the person they open up to

Create a support system for yourself too

RESOURCES

Youth Wellness: 4 free therapy sessions for youth 12+ | email: youthwellness@gunnisoncounty.org

Center for Mental Health | 970-641-0229

Teen Text Line – Text 741741 | Safe2Tell – safe2tell.org

