Steps for Helping Others

1. State your concern
2. Identify the problem (ask)
3. Explore alternatives
4. Predict consequences
5. Plan of action
6. Express support/Follow-up

Remember that your role is to Advise, not Rescue. If in doubt about a situation, consult and refer!
What To Do If Student Is In Immediate Crisis:

- **Consider your own personal safety**
  - (do not place yourself or anyone else in a situation that is threatening to your safety)

- **Respect the individual’s dignity**
  - (e.g. do not allow everyone else to crowd around and “watch the show”)

MUW Counseling Center, Fall 2016
What To Do If Student Is In Immediate Crisis:

- **Communicate concern & empathy**
  - (Use a low and concerning tone of voice, communicate what you are seeing and why you are concerned, safety, etc.)

- **Help student to explore options**
  - (ask if the student would be willing to go to the counseling center, call a good friend, speak with you, etc.)