

Steps for Helping Others

- ① 1. State your concern
 - ② 2. Identify the problem (ask)
 - ③ 3. Explore alternatives
 - ④ 4. Predict consequences
 - ⑤ 5. Plan of action
 - ⑥ 6. Express support/Follow-up
- ⑦ 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”)

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.)