

Don't Struggle Alone.

it's okay to ask for help.



Minuteman is a
community that cares.



When should I be worried about myself, a friend, or peer?

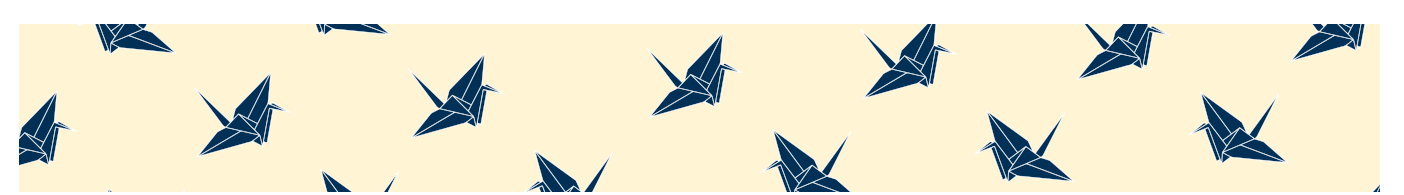
Someone who is struggling will usually give off clues that they need help. Here are some things to look out for:

- Significant decline in academic work
- Expressing hopelessness and helplessness in conversations, emails, or postings on social media
- Changes or difficulties sleeping
- Changes in eating habits or dramatic weight loss or gain
- Depressed appearance, isolation, or withdrawal
- Lack of energy or interest in things they used to be interested in
- Excessive anxiety, panic, or depressed mood
- Significant changes in personal hygiene, work habits, or social behavior
- Cutting or other behavior causing self-injury
- Alcohol and substance abuse
- Anger, irritability, or conflict with others
- Frequent absence from class, especially when this is a change

Taken alone, any one of these things doesn't necessarily mean that a person is experiencing severe struggles. Some of these clues are more obvious warning signs than others.

If you are feeling worried about someone, never ignore your concerns. Trust your instincts.





How to talk to a peer or friend who may be struggling:


They may resist asking for or receiving help. Even if they really want help, he or she may not know how to ask for it or where to find it. Here are some tips for expressing your concerns in a caring, non-judgmental way:

- **Talk in private**, in person ideally.
- **Don't judge.** Share what you have observed, and explain your concerns honestly, but don't criticize or offer advice.
- **Ask open-ended questions, and listen.** Try asking, "How is it going?" Just asking how someone is may make them feel relieved to know that you care, are trying to understand, and are offering to help.
- **Don't feel you need to solve the problem.** If your friend/peer shares personal feelings with you, you don't have to offer a solution or opinion. The important thing is to listen and try to understand what the other person is going through.
- **Encourage the friend/peer to talk** with a counselor or other trusted adult. You might even offer to walk them to meet with a counselor/teacher. Feel free to share the list of resources in this brochure too.
- **A person may have many reasons to resist seeking help.** They might feel ashamed, worried about being viewed as weak, or concerned about taking up valuable resources. You can explain that the counselors are here to help all students, regardless of the nature or severity of their difficulties. It's not unusual to seek help. Many students do.
- **Feel free to ask for advice.** You can talk to the counselors to discuss concerns about a peer or friend and many students do.



Where do I go on campus to find help?

Please find ANY trusted adult in the building and relay your concerns to them. They will help you get in contact with someone who can help.



Tips to Prevent Suicide

- **If you, a friend or peer is thinking about suicide, tell an adult immediately.**
- Even if you are not sure if they are suicidal, take them seriously.
- Talk to your parent/guardian, your teacher or a counselor, or other trusted adult.
- Minuteman counseling staff are available to talk and provide support throughout the school day.
- Most people who are feeling depressed or desperate enough to consider suicide give warning signs.
- As a peer/friend, you may be in the best position to recognize when another student might need help and help them get it.
- Suicide is preventable.
By listening, talking, and acting you could save a life.

Why paper cranes?

In Japanese, Chinese and Korean culture, the crane represents good fortune and longevity. The Japanese refer to the crane as the “bird of happiness”.





Resources for Students, from Students

Cyberbully Hotline:

1-800-420-1479

For help with bullying of any kind.

MASS. Child-At-Risk Hotline:

1-800-792-5200

*For concerns about child abuse
or neglect.*

Love is Respect

Dating Abuse Hotline:

1-866-331-9474 or

text LOVEIS to 22522

National Eating Disorders Hotline:

1-800-931-2237

National Runaway Hotline:

1-800-786-2929

Good Samaritans:

1-877-870-4673

Suicide prevention hotline.

The Trevor Project:

1-866-488-7386

*Suicide prevention hotline
for LGBTQ youth.*

Mass. Substance Abuse Hotline:

1-800-327-5050