

How to Help a Friend's Mental Health

Physical distancing, remote learning, and other factors can take a toll on anyone's emotional well-being. Know that feeling isolated can feel unavoidable and impact your mental well-being

1. Know the Signs and Symptoms



- Withdrawing from social activities
- Lack of care about classwork
- Self-harming
- Fear
- Not eating
- Mood swings

2. Share Your Concerns



- "Is everything okay?"
- "I've noticed this..."
- "You can always talk to me."

3. Reach Out To Someone You Trust



- Family
- Friends
- Teachers/Professors
- RA's/RD's
- Counselors

4. Offer Support



- Check in with them
- Take time out of your day to be with them
- Learn more about what your friend is going through

*Simply brighten their day!
Surprise them with
something they enjoy,
or send them a
motivational text :)*