

# Help a friend or colleague

## How do you know when something is wrong?

### Interpersonal difficulties

- Withdraws from others and doesn't show up to events
- Has difficulty sleeping or the inability to get out of bed
- Has changes in appetite
- Starts fights or shows unprovoked anger

### Physical problems

- Deterioration in appearance
- Visible change in weight or hygiene
- Blurry eyed, hung over, or smells of alcohol

### Academic issues

- Skips class and does not complete assignments
- Becomes easily distracted and unproductive

### Safety/Risk

- Makes statements like, "What's the point?"
- Gives away prized possessions
- Demonstrates self-harming behaviors
- Makes oral or written threats about harming themselves or others

### How you can help

- Kindly acknowledge the change in behavior.
- Express interest and avoid blaming.
- Use reflective listening skills by using I-statements and open/closed-ended questions.
- Provide support and understanding.
- Don't forget to take care of yourself!
- Suggest they seek professional help. Student Counseling Services offers free, confidential counseling. Call **Student Counseling Services** at (309) 438-3655 or visit [Counseling.IllinoisState.edu](http://Counseling.IllinoisState.edu). Employees can receive help through the **Employee Assistance Program** by calling (866) 659-3848.

### Wellness.IllinoisState.edu

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