BUTLER UNIVERSITY
STUDENT RED FOLDER: HOW TO HELP A FRIEND

REFER

There are so many resources available on campus to help and support students if they are experiencing emotional distress. If you're not sure who to contact, please reach out to **Student Advocacy**. The role of that office is to serve as a hub of resources and student support.

Student Advocacy**
Atherton Union 311B
317-940-2047
https://www.butler.edu/student-life/student-advocacy/

Emergency Support
Butler University Police Department
317-940-9999 (Emergency Number)
317-940-9363 (Non-Emergency Number)
https://www.butler.edu/public-safety/

Academic Support
Student Success Center
Jordan Hall 109
317-940-9308
https://www.butler.edu/academic-services/student-success-center/

Mental Health
*Counseling and Consultation Services***
Health & Recreation Center 120
317-940-9777
https://www.butler.edu/well-being/counseling-services/

Physical Health
*Student Health Services***
Health and Recreation Complex (HRC) 110
317-940-9385
https://www.butler.edu/well-being/health-services/

Student Life
*The Compass Center***
The Blue House
317-940-8253
https://www.butler.edu/student-life/faith-vocation/

Student Disability Services
Jordan Hall 136
317-940-9308
https://www.butler.edu/diversity-equity-inclusion/student-disability-services

Efroymson Diversity Center
Atherton Union 004
317-940-6570
https://www.butler.edu/student-life/efroymson-diversity-center/

National Hotlines
National Suicide Prevention Hotline
988
https://988lifeline.org/

Crisis Text Line
Text HOME to 741741
https://www.crisistextline.org/

** denotes if a resource is considered a confidential resource for sexual misconduct response

REPORT

If you're not sure what to do but know that your friend would benefit from talking with a professional, we have an option for that.

Submit a **Student of Concern report** and a professional staff member will privately reach out to the student in need and help connect them to support and resource options.

You can submit a Student of Concern Report via the online form: https://www.butler.edu/student-life/assessment-team/

RECOGNIZE | RESPOND | REFER | REPORT

Student Advocacy's Student Red Folder is a guide to help students ***recognize***, ***respond to***, ***refer***, and ***report*** students of concern to the appropriate campus resource. This folder has tools, techniques, and resources that you can use to support your friends and peers in their time of need, and take care of your own well-being.

RECOGNIZE

This guide includes some common signs that someone might be in distress. Keep in mind that everyone shows different signs, so it's important to pay attention to changes in behavior or attitude in your friends and peers.

RESPOND

Knowing what to say when someone is experiencing a challenging situation can be really hard and each situation is unique. This guide has some tips listed to help you figure out the best thing to say and do to help someone out.

REFER

If you're not sure what to do or don't think you're able to help, that's okay! You can submit a Student of Concern report to help get a friend connected to the support resources on campus that can help them thrive.

REPORT

It's definitely not everyone's job to know and do everything! This guide highlights some of the biggest "helper" resources on campus, so that you can send your friends to the professional who can best support them.

Student Advocacy supports Butler students experiencing difficult circumstances, trauma, or distress, and serves as a confidential resource for survivors of sexual misconduct. The office provides crisis support, case management, and self-advocacy skills training to help students navigate challenges that impact their personal, social, or academic goals.
Student Advocacy is located in **Atherton 311**.

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RECOGNIZE

It's important to know that every person shows distress differently, so be on the lookout for anything that is out of the norm for each individual. However, there are some common indicators that someone may be experiencing distress and could use help and support.

Academic

- Sudden decline in quality of work and grades
- Frequently missed classes and assignments

Physical

- Marked changes in physical appearance (e.g. poor grooming/hygiene or sudden weight loss/gain)
- Noticeable behavioral changes indicating loss of contact with reality
- Rapid speech or manic behavior
- Depressed or lethargic mood or functioning
- Observable signs of injury (e.g. bruising or cuts)
- Using drugs or alcohol to deal with life stressors
- Getting drunk or high at an abnormal rate

Psychological

- Self-disclosure of personal distress (e.g. family problems, financial difficulties, assault, discrimination, legal difficulties)
- Unusual/disproportionate emotional response to events
- Excessive tearfulness, panic reactions
- Verbal abuse (e.g. taunting, badgering, intimidation)
- Self-disclosure of unwanted sexual experience*

**If you are a student employee, check out the Refer section for information about Reporting Obligations and follow up with your supervisor regarding specifics for your position.*

Safety Risk

- Verbal, written, or implied references to suicide, homicide, assault, or self-injurious behaviors
- Unprovoked anger or hostility/physical violence (e.g. shoving, grabbing, assault, use of weapon)
- Stalking or harassment
- Communicating threats/disturbing comments via email, correspondence, texting, or phone call

RESPOND

Knowing what to say when someone is going through a hard time can be really hard. Use these tips to determine the most appropriate response.

Start with Empathy.

- Remove the phrase "at least" from your vocabulary.
- Rarely, if ever, can words make things better - what makes things better is connection.

Use with I-Statements.

- "I've noticed that you haven't been hanging out with us as much. Is everything okay?"

Check On Basic Needs.

- Do they feel safe in the residence/on campus?
- Do they have any physical injuries that they are concerned about?

Use Active Listening Techniques.

- Pay attention - show through your verbal acknowledgements and body language that you are listening and care about what they have to say.
- Ask questions about how they are feeling - keep the focus on their feelings about what happened, instead of asking about the specifics of what happened.
- Give them options - ask them what they would like to do every step of the way, for big things and small things
- Reflect back- once they have made a choice, reflect back to them that you support them and will help them move forward with that choice.

Hold Space.

- Allow time for them to share what they are open to sharing.
- Connect them with resources.

Take Care of Yourself.

- Know Your Limits. You are not expected to know the perfect right thing to say every time or to be able to "fix" things for your friend.
- Practice Self-Care. Being a helper can be really hard work! Practice whatever self-care works best for you. Know that there are resources available for you too!

You can also attend a free **Mental Health First Aid** training to get a more in depth understanding of how to support someone who is going through a mental health challenge. Visit: https://www.butler.edu/well-being/mental-health-first-aid/