

How to Start the Conversation

Ways to approach a struggling student:

“I’ve noticed you’ve seemed a little down lately, so I wanted to check in with you. What’s been going on?”

“I noticed you missed class a few times. What’s going on for you?”

“You seem really tired in class lately. How are you doing these days?”

Ways to respond when a student shares their struggle with you:

“I’m so glad you told me about this. Let’s brainstorm how we can get you some support.”

“Thank you for sharing this with me. There’s good support on campus—I’ll help connect you to it.”

“Wow, that sounds really hard. It makes sense you are struggling. Let’s figure out what on-campus supports can help you right now.”

Ways to talk with a student who needs immediate help:

“I understand that you are hurting right now. I am here to help you and connect you to good support on campus.”

“I hear that you feel hopeless right now. I’ve worked with the counseling center, and I think they could help. Let’s walk over together.”

“I can tell that you’re very upset, and I’m concerned about you. I’m going to connect you with someone who can help you stay safe.”

If a student declines support, call campus security at (504) 865-5911 and/or 911.