

Use Active Minds' V-A-R guide to help navigate a conversation with a student you are concerned with:



VALIDATE

Validate their feelings. Let students know it's ok to not be ok. Validating comments include:

"That sounds difficult."

"It seems like you have a lot going on, it makes sense that you might not be feeling great."

"It's totally ok that you're not on top of your game right now."



APPRECIATE

Appreciate their courage. Let them know that it was a good decision that they shared. Appreciate comments sound like:

"I'm glad you chose to tell me."

"I know sharing what's really going on can be challenging. I appreciate that you did."

"It means a lot to me that you told me how you're feeling."



REFER

Refer them to skills and support. Help them find what will help them at that moment. For some people, professional support is important and for some, healthy coping and resilience skills will help. Referring comments include like:

"Do you feel comfortable sharing this with someone you are close to and keeping me updated?"

"Have you heard of this resource on campus that... [refer to a campus program or resource that supports mental health, coping, and resilience]?"