HOW TO HELP A FRIEND IN NEED

☐ RECOGNIZE
  - Familiarize yourself with signs of distress.

☐ OFFER SUPPORT
  - Find a private place to talk.
  - Say, “I’m worried about you.”
  - Ask about self harm, if you’re concerned.

☐ CONNECT TO RESOURCES
  - Refer the student to CAPS.
  - In an emergency, call UCSD Campus police (858) 534-HELP (4357).

☐ COMMUNICATE
  - Notify your advisor or dept. staff member.

OTHER RESOURCES:

Campus Police: (858) 534-HELP or 911 from a campus phone
Office of Student Disabilities (OSD): (858) 534-4382
Office for the Prevention of Harassment & Discrimination (OPHD): (858) 534-8298
Office of the Ombuds: (858) 534-0777
Sexual Assault & Violence Prevention Resource Center (SARC): (858) 534-5793
Student Health Services (SHS): (858) 534-3300
San Diego County Mental Health (24/7) (800) 479-3339
National Suicide Prevention Lifeline 1 (800) 273-TALK

SIGNS OF DISTRESS:

SAFETY RISKS
  - Physical violence
  - High risk / dangerous behavior
  - Suicidal thoughts or behavior
  - Communicating threats
  - Increased alcohol and/or substance use

CHANGE IN BEHAVIOR
  - Sad, anxious, empty mood, or mood swings
  - Hopelessness, guilt, worthlessness
  - Loss of interest or pleasure in activities
  - Withdrawal and isolation
  - Financial recklessness
  - High levels of irritability or anger
  - Unusual apathy

CHANGE IN PERFORMANCE
  - Inability to concentrate or make decisions
  - Missed or coming late for classes or work
  - Excessive procrastination
  - Disorganized

PHYSICAL SYMPTOMS
  - Fatigue, lack of energy or sleep disturbance
  - Change in personal hygiene
  - Change in appetite, weight loss or gain
  - Agitation, restlessness
  - Delusions and paranoia

CONNECT TO CAPS:

UCSD Counseling & Psychological Services (CAPS) has a number of services available, including free and confidential counseling. caps.ucsd.edu
Make a confidential appointment by calling: (858) 534-3755
The CAPS central office is located at Galbraith Hall 190.