

The best way to help a friend is to **A.S.K.**

Acknowledge. Support. Keep-in-touch.

Acknowledge

Start the conversation. Show you care. Create a safe space by letting them know you're here for them.

Acknowledging may sound like:

"That sounds really challenging."
"I appreciate you sharing that with me."
"You're allowed to feel that way."

Support

Show you care by listening and not being afraid to ask questions. Validate their feelings and ask what they need.

Support may sound like:

"You're not alone. I'm here for you."
"How can I support you right now?"
"Are you open to talking to someone else who can help?"

Keep-in-touch

Keep the conversation going beyond one conversation. Be specific on when you'll connect again- and then follow through. Check back in regularly and be consistent.

Keeping in touch may sound like:

"Want to hang out this weekend?"
"How are you feeling today?"
"Thinking of you this morning. How are you?"

To learn more about the
A.S.K framework, scan here



You don't need to be an expert to know something is wrong. Trust your instincts.

If you or a friend are in immediate crisis or need professional support, please see reverse side for crisis resources.

Crisis Resources

SHU Campus-Wide Resources

Counseling Center (203) 371-7955

Office hours: Monday - Friday, 9 AM to 5 PM*

**After hours, weekends and holidays, call Public Safety*

Public Safety (203) 371-7911

Local Off-Campus Resources

Dial 911 for local emergency services

Center for Family Justice 24/7 Sexual Violence Hotline 1-888-999-5545

Dial 211 or visit <https://www.211ct.org/> for free, confidential help, and referral to local services

National Resources

Suicide Prevention Lifeline, call or text **988** for 24/7/365 free and confidential support

