

FRIENDSHIPS & MENTAL HEALTH

Show your friends you are there for them by encouraging them to practice coping strategies:



YOGA

Physical Postures
Breathing Techniques
Meditation



PRACTICE GRATITUDE

Write Down Things You
Are Grateful For



VOLUNTEER

Animal Shelter
Senior Living
Food Pantry



FIND A HOBBY

Read
Paint
Dance



BE ACTIVE

Ride a Bike
Walk
Stretch



BREATHING EXERCISES

Inhale for 4 Seconds
Hold for 7
Exhale for 8



HANG WITH FRIENDS

Go to the park
Watch a Movie
Have a Game Night



ENJOY NATURE

Take a Hike
Watch the Sunset
Stargaze

WARNING SIGNS OTHERS MAY BE STRUGGLING WITH THEIR MENTAL HEALTH:

- Don't hang out anymore
- Feel sad or hopeless
- Distracted during conversations and activities
- Loss of interest in activities
- Have a negative view on life

HOW TO SUPPORT OTHERS:

- Listen to them
- Invite them to social gatherings
- Send them a care package
- Encourage them to get help
- Offer to call the Lifeline together
- Let them know it's ok to ask for help

MENTAL HEALTH SUPPORT RESOURCES

-  **Talk** to your counselor on campus or **ask** a staff member for help
-  **Text** the CRISIS Line: Text "HOME" to 741741
-  **Call** the Suicide and Crisis Lifeline to talk to someone: 988

