

HOW TO RAISE YOUR CONCERNS?



1.

Trust your instinct and gut feeling about the issue. Everyone benefits by intervening and speaking up.

2.

Think about a suitable time and place for the discussion. You can go out for a walk together, go aqua jogging, have a cup of coffee, play a game, go for a drive...



3.

Think about ways to start the conversation and express your concerns in advance: "I haven't seen you for a while, how are you?" "You've seemed unusually tired lately. How are you doing?"

These conversations do not directly start with issues such as substance abuse or mental well-being, but these questions can be used for mapping the overall situation.



HOW ARE YOU DOING?...



5.

If the person refuses to talk about the issue, you need to accept that. Be satisfied in knowing that you at least tried to have a discussion and express your support.

4.

It is important to listen. Come up with solutions together. Think about places to seek and get help. If necessary, guide the student to support services, such as the university's study psychologist or student healthcare services.

6.

Remember to take care of your own energy levels as well. Constant worry will only deplete your own resources. Set your own limits and stick to them in order to protect your well-being.

