

Key Points

MAKE SURE TO SPEAK WITH THE STUDENT IN PRIVATE AWAY FROM OTHERS

BE SURE TO NOTE THAT YOU CANNOT PROMISE CONFIDENTIALITY

VALIDATE THAT YOU HEAR AND RECOGNIZE THE STUDENT'S CIRCUMSTANCES/EMOTIONS

ACKNOWLEDGE THE COURAGE IT TAKES TO SEEK HELP

HAVE A GENUINE CONVERSATION WITH THE STUDENT USING "I -STATEMENTS" WHEN EXPRESSING CONCERNS

LET THE STUDENT KNOW THERE ARE CONFIDENTIAL MENTAL HEALTH SERVICES THAT ARE FREE OF CHARGE