

# Navigating Your Mental Health While in College

Here is a script you can use to start a conversation if you think someone that you care about is struggling. If a face-to-face talk is too intimidating, you can start with a text message or an email. Use the prompts below to help you think through what specifically has happened, or what you've noticed about your friend or loved one that has caused you to be concerned about them. You say the parts in **blue** and **red**.

Start the conversation when there is an open window of time to have an in-depth discussion, and you won't have to cut the conversation short to take care of other obligations. Plan to set aside at least 30 minutes to an hour.

For the past [ ] (state the amount of time: day, week, month, year, etc.)  
it seems like you have been feeling [ ]  
(state the feeling: unlike yourself, sad, angry, anxious, moody, agitated, lonely, hopeless, fearful, overwhelmed, distracted, confused, stressed, restless, unable to function or get out of bed, etc.)

You seem to be struggling with your [ ]  
(state what they seem to be struggling with: break-up, divorce, job stress, job loss, new job, death of a loved one, housing issues, death of a pet, recent health diagnosis, friendship falling apart, relationship, finances, etc.)

I've noticed your [ ]  
(state what you have noticed: changes in appetite, changes in weight, loss of interest in things you used to enjoy, lack of energy, increased energy, inability to concentrate, alcohol or drug use or abuse, self-harm, skipping meals, overeating, guilt, paranoia, lack of sleep, sleeping too much, risky sexual behavior, overwhelming sadness, anger, rage, isolation, cutting, talk of suicide, etc.)

Talking to you about this makes me feel [ ] (state how it makes you feel: nervous, anxious, hopeful, embarrassed, empowered, pro-active, self-conscious, guilty, etc.) but I'm telling you this because [ ]  
(state why you are bringing this up: I'm worried about you, it is impacting our relationship, I am afraid, I don't know what to else to do, I don't know if anyone else has talked to about this, etc.)

I would like to help you [ ]  
(state how you think you could help: talk to a doctor or therapist, talk to a guidance counselor, figure out what to do, talk about this later, create a plan to get better, talk about this more, find a support group, etc.)

What can i do?