

Help Is Here: Student Resource Guide Activity

Tri-C offers the “Help Is Here” Student Resource Guide, full of helpful information including: 24/7 helplines, suicide risk factors and warning signs, veteran and LGBTQ+ resources, reporting social media concerns, relaxation and wellness information, mental health self-assessments

To complete this activity: Look at your copy of the Help Is Here Student Resource Guide **OR** view it online: www.tri-c.edu/helpishere → Student Resources → Student Resource Guide



Answer the following:

1. What is one resource in **EACH** of these areas that you find helpful:
 - a. Campus Resources
 - b. Community Resources
 - c. 24/7 Resources
 - d. National Resources
2. **TRUE** or **FALSE**: There are 24/7 national crisis talk, text, and online chat services available.
3. What is the web address/URL of Tri-C’s “Help Is Here” website where you can go for more information?
4. What is one healthy habit you want to focus on?
5. What are two things that are helpful to say or do when helping a friend?
6. What are two things to avoid saying or doing when trying to help a friend?
7. What is a fact about college students that most surprised you?
8. What are two warning signs of suicide?
9. What is one suggestion you have to improve this resource guide?
10. What do you like most/find most helpful about this resource guide?