This document was created by a College-wide team of Cuyahoga Community College counseling faculty and may not be used without permission from Cuyahoga Community College. Adapted with permission from Kent State University.
Top 10 Healthy Habits to Help Yourself

• Set aside time to spend with the important people in your life, including yourself!
• Make sure you get enough sleep.
• Exercise on a regular basis to keep your body moving.
• Eat healthy foods to help your brain and mood – a diet rich in greens and a variety of natural colors; light on sugar and alcohol.
• Reduce your stress by journaling, listening to music, reading or something healthy you enjoy.
• Turn off and disconnect from technology.
• Spend some time with nature – hang out at the park or head to the beach.
• Socialize in real time – that means face-to-face communication!
• When things get difficult, see a counselor and talk things out.
• Try meditating – it’s free and it helps!

For relaxation and stress reduction apps, music and websites, visit www.tri-c.edu/helpishere and click on “Mobile Apps” and “Mental Health & Wellness.”

How to Help a Friend:

DO:
• Take comments or thoughts about suicide seriously.
• Talk openly and matter-of-factly about suicide. Asking someone if they are thinking about suicide won’t make them suicidal.
• Be willing to listen without judgment.
• Get involved and be available. Seek help by contacting a 24/7 resource on the front of this guide.
• Offer hope that alternatives are available.
• Take action: Remove means (weapons, pills) without putting yourself in danger. Call 911 if needed.
• Thank them for talking with you.

What to say to a friend:
• I’ve been concerned about you and want to check in because you haven’t seemed yourself.
• You are not alone in this. I’m here for you and I want to get you the help you deserve to feel better.
• I know it might be hard to believe this right now, but with help, things can get better.
• I may not be able to understand exactly how you feel, but I care about you and want to help.

DON’T:
• Leave the person alone.
• Morally debate whether suicide is right or wrong or whether feelings are good or bad.
• Lecture on the value of life.
• Act shocked. This will put distance between you.
• Be sworn to secrecy. Even licensed professionals break confidentiality when life is at risk.
• Change the subject when discussing suicide.

What NOT to say to a friend:
• You’ll get over it.
• You just need a good night’s sleep.
• Let’s go do something and forget about it.
• You’re not really serious about suicide, right?
• You should focus on all the good stuff in your life.

For these facts and more visit www.suicidepreventionlifeline.org

INFORMATION ABOUT HELPING YOURSELF OR OTHERS:
www.tri-c.edu/helpishere
Student Resources
How to Help a Friend

Fast Facts about College Students

• About 26% (1 in 4) of Americans 18 years and older live with a diagnosable mental health disorder.
• More than 80% of college students felt overwhelmed by all they had to do in the past year and 45% have felt things were hopeless.
• Nearly 75% of mental health conditions emerge by age 24.
• Young adults ages 18-24 have the highest prevalence of diagnosable forms of mental illness among the entire population, at 27%.

For these facts and more visit www.nami.org and www.activeminds.org

Suicide Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

• Talking about wanting to die or to kill oneself.
• Looking for a way to kill oneself, such as searching online or buying a gun.
• Talking about feeling hopeless or having no reason to live.
• Talking about feeling trapped or in unbearable pain.
• Talking about being a burden to others.
• Increasing the use of alcohol or drugs.
• Acting anxious or agitated; behaving recklessly.
• Sleeping too little or too much.
• Withdrawing or feeling isolated.
• Showing rage or talking about seeking revenge.
• Displaying extreme mood swings.