

# My Friend is in Crisis...How to help your friend AND yourself

## I'm worried about my friend in crisis, what can I do?

When your friend expresses that they may be suicidal, report it to your RA, an RD or Campus Safety. If it is during regular business hours, 8:30am-4:30pm, you may walk them down to the Counseling/Student Development Center in McGowan (downstairs) 1017. If it is after hours or on weekends, a staff member is on call. Students may call the center at 570-348-6245 to obtain the crisis phone number. If life threatening danger is present, call 911.

## What happens next?

Once staff is aware, the Counseling Center's goal is to assess the student's safety in person or by phone. When the University staff becomes aware, they may ask for your help to provide information/assistance.

## Possible Outcomes

1. If the student seems to be an endangerment to themselves, they will need to go to the hospital for further evaluation. If admitted, the length of stay greatly varies and they may not be able to be in contact with you. It may be helpful to write down your phone number on a piece of paper for your friend as they will not have access to electronics, such as cell phones. Once they are no longer an endangerment to themselves and discharged, they will follow the University's procedure to return to campus after a hospitalization.

OR

2. If the student is not an endangerment to themselves, they may return to their living quarters. It is important to be their friend, not a babysitter. University staff will not "watch" them as the assessment determined they are safe and not an endangerment to themselves.

## How to be supportive during this process:

- » You may accompany and wait for your friend outside the Counseling Center
- » You may talk to your friend and ask what will happen next
- » You may ask your friend if you can meet with both the counselor and friend
- » If after leaving or hanging up with the counselor, your friend again states that they are feeling suicidal, contact Campus Safety/Counselor-on-call again and share specifics. Understand that at this point, the Housing and Residence Life staff may not be aware of the results of the assessment for safety as you may be the immediate contact with your friend and the staff are waiting to be updated

## Follow Up:

Due to confidentiality requirements, staff may not inform you or most Marywood staff of the results of the assessment for safety. We ask that you trust that the Marywood staff will always follow the same procedure, whether or not your friend is admitted to the hospital.

## What to expect after hospitalization:

Know that the medical staff only releases a patient when the person is ready. Prior to returning to Marywood, the student will meet with the Assistant Vice President of Student Life and a Counseling Center staff member to review expectations, the student's readiness for the demands of college and coordination with any ongoing treatment and support.

After helping your friend, you may be experiencing: Shock, numbness, denial; Searching for reasons ‘why?’

Guilt; Anger/Blame; Shame; Loneliness/ Disconnection; Depression; Thoughts of self-harm; Thoughts of suicide.

What you can do to take care of yourself after helping a friend in crisis: Stay healthy— exercise, eat healthy, avoid using alcohol and drugs; Prioritize daily tasks;

Stay connected with family and friends;

Talk to a counselor or join a group to help with coping.

Supporting your friend who has been affected by someone’s suicide or self-harm: Listen and allow them to express their emotions; Include them in normal everyday activities; Allow grieving; don’t question or rush their feelings of grief; Suggest counseling; Honor your friend—keep positive memories of them and talk about them with others.

**Most of the time, people who kill themselves show one or more of these warning signs before they take action:**

If a person talks about:	Specific behaviors to look out for include:	Often one or more of these moods may be displayed:
<ul style="list-style-type: none"> <li>» Being a burden to others</li> <li>» Feeling trapped</li> <li>» Experiencing unbearable pain</li> <li>» Having no reason to live</li> <li>» Killing themselves</li> </ul>	<ul style="list-style-type: none"> <li>» Isolating from friends and family</li> <li>» Looking for a way to kill themselves, such as searching online for materials or means</li> <li>» Acting recklessly</li> <li>» Withdrawing from activities</li> <li>» Isolating from friends and family</li> <li>» Sleeping too much or too little</li> <li>» Visiting or calling people to say goodbye</li> <li>» Giving away prized possessions</li> <li>Aggression</li> </ul>	<ul style="list-style-type: none"> <li>» Depression</li> <li>» Loss of Interest</li> <li>» Rage</li> <li>» Irritability</li> <li>» Humiliation</li> <li>» Anxiety</li> </ul>

## FOR IMMEDIATE HELP:

911 (24 hours/day)

Campus Safety (24 hours/day)  
570-  
348-6242

Counseling/Student Development Center  
570-348-6245  
McGowan 1017  
(regular business hours with an on call number 24 hours/day)

PASS Program Retention & Advising  
570-340-6043  
(regular business hours)

Student Life Office  
570-348-6246  
(regular business hours)

## 24 HOUR CONFIDENTIAL HOTLINES:

<p><b>Crisis Text Line</b> (a trained crisis counselor receives the text and responds quickly) Text "TWLOHA" to 741-741 <a href="http://www.crisistextline.org">http://www.crisistextline.org</a></p>	<p><b>RAINN</b> Rape, Abuse and Incest National  1-800-656-HOPE (656-4673) <a href="https://www.rainn.org">https://www.rainn.org</a></p>
<p><b>SMS 988</b> 988 <a href="#">Suicide and Crisis Lifeline</a></p>	<p><b>The Trevor Project (LGBTQ)</b> 1-866-4-U-TREVOR (488-7386) <a href="http://www.thetrevorproject.org">http://www.thetrevorproject.org</a></p>
<p><b>National Suicide Prevention Lifeline</b>  1-800-273-TALK (273-8255) For hearing &amp; speech impaired with TTY equipment: 1-800-799-4TTY (779-4889) Español: 1-888-628-9454 <a href="http://www.suicidepreventionlifeline.org">http://www.suicidepreventionlifeline.org</a></p>	<p><b>Veterans Crisis Line</b>  1-800-273-TALK (273-8255) PRESS 1  <a href="https://www.veteranscrisisline.net">https://www.veteranscrisisline.net</a></p>

## HELPFUL LINKS:

[www.twloha.com](http://www.twloha.com)  
[www.afsp.org](http://www.afsp.org)  
[www.jedfoundation.org](http://www.jedfoundation.org)  
[www.thetrevorproject.org](http://www.thetrevorproject.org)