How to Help a Friend

If you are concerned about a friend, here are some suggestions:

- Talk to them in a private space when both of you have time and are not rushed or preoccupied.
- Be direct and specific about your concerns. Express your concern in behavioral, nonjudgmental and caring terms. For example, “You look stressed. I’m concerned about you. Can you tell me what is going on?”
- Listen sensitively.
- Be aware of campus resources and make a referral to one of them from this brochure.
- Follow up with your friend. Check in with them later to find out how he or she is doing. Provide appropriate support, but know your limits and who else can help.

RESOURCES

SJU Public Safety & Security
610-660-1111

Counseling & Psychological Services (CAPS)
610-660-1090

Office of Residence Life
610-660-1060

Student Health Center
610-660-1175

Title IX Coordinator
Dr. Mary-Elaine Perry
TitleIX@sju.edu, 610-660-1145

Rape Education Prevention Program (R.E.P.P.)
610-733-9650 (24 hour Help Line)

Women Organized Against Rape
215-985-3333

Victim Service Center (Montgomery Co.)
888-521-0983

Philadelphia Suicide Hotline
215-686-4420

Emergency
911

CONTACT:
Office of Student Outreach & Support
5600 City Avenue
Campion Hall, Suite 212
Philadelphia, PA 19131

Phone: 610-660-1149
Fax: 610-660-1069
SOS@sju.edu, WADE@sju.edu
In the Jesuit spirit of caring for the “whole person,” Student Outreach & Support offers assistance to students at times when they are in need of additional support. Student Outreach & Support offers support and guidance during difficult situations, or following critical incidents, and fosters awareness of University services and resources to help promote the student academic experience at SJU.

Life on campus can be a rewarding experience filled with growth, new experiences and planning for future success. In the midst of these experiences however, students may face difficulty, sometimes personal or emotional in nature.

Student Outreach & Support connects students to appropriate campus or community services through an individual Case Management approach. SOS serves the University and individual students by arranging, coordinating, monitoring, evaluating, and advocating for students who are in need of assistance. Student Outreach & Support may communicate with appropriate Campus resources on student issues, including mental health hospitalizations and other high risk student situations.

Emergency Incidents
Student Outreach & Support at SJU assists students, families and the University community in handling emergencies or critical incidents involving the welfare and safety of students.

Student Outreach & Support works closely with Counseling and Psychological Services (CAPS), Residence Life, Public Safety and other departments in Student Life to manage cases involving serious incidents.

Following an emergency or serious personal incident, Student Outreach & Support can:

- Serve as the point of contact and help to coordinate and disseminate information to key University partners, family, and community members as appropriate.
- Provide case management and collaborative follow-up services as needed.
- Support the individual needs of students following a serious or critical incident, including referrals to other campus or community resources.

About Student Outreach & Support

We can help when...

- You are feeling distressed and you are not sure where to get help.
- It feels like life outside of classes is getting too difficult.
- You are returning to SJU after a Leave of Absence or a difficult life circumstance and you need assistance transitioning back into college life.
- You are experiencing a significant health or emotional issue and need guidance on where to get help.
- You need help navigating SJU to access the resources you might need.

Wellness, Alcohol & Drug Education Program (WADE)

- WADE provides individual and group education for students related to alcohol, drugs and other wellness topics.
- WADE can refer students to campus and community supports for alcohol and other drug related issues.
- WADE works with students in recovery from alcohol and drug use, including connecting students to peer support.

Peer Education Program

- Peer Educators work in conjunction with the WADE program to create a presence on-campus of positive decision-making, and empowers students to make a difference through social and educational initiatives.
- Peer Educators serve as role models by helping student to talk about making responsible and healthy choices.

Apply on-line to be an SJU Peer Educator: www.sju.edu/wade

Parts of this publication content have been adapted from: Boston College, University of Pennsylvania, and University of South Florida