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Examples

- o Sadness
 - o Stress/anxiety
 - o Irritability
 - o Social withdrawal
 - o Family difficulties
 - o Academic concerns
 - o etc
- o Frequent crying
 - o Difficulty concentrating
 - o Panic attacks

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Use open-ended questions

"Can you tell me

Reflect thoughts & feelings

"You'

Provide empathy & validation

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Highlight strengths & successes

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(ex. CCW screening, workshop, or online tools)

Start with their thoughts & experiences

= visiting the Center for Counseling and Wellness (CCW)

Normalize the help-seeking experience

Explore reluctance

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Provide hope & @a'@