

Name: _____

Help Is Here: Student Resource Guide Activity

Tri-C's "Help Is Here" Student Resource Guide is full of helpful resources. **On the front of the guide:** 24/7 help; campus resources; and local & national resources. **On the back of the guide:** suicide risk factors and warning signs, tips on how to help yourself and others. This activity will help you explore the Guide and become aware of its many resources.

To complete this activity: Either (a) access a printed copy of the Help is Here Student Resource Guide, (b) view online @ www.tri-c.edu/helpishere > Tri-C Student Resources > Student Resource Guide **OR** (c) view on **my Tri-C space** > "Help Is Here" Card > click on *Student Resource Guide*.



Answer the following:

- Name **ONE** resource in **EACH** of the four areas below that you find helpful to be aware of:
 - Campus Resources
 - Local Resources
 - 24/7 Resources
 - National Resources
- TRUE** or **FALSE**: There are 24/7 national crisis talk, text, and online chat services available
- What is the web address/URL of Tri-C's "Help Is Here" website where you can go for more information?
- What is **ONE** healthy habit you want to focus on?
- What are **TWO** things that are helpful to say **OR** do when helping a friend?
- What are **TWO** things to avoid saying **OR** doing when trying to help a friend?
- What is **ONE** fact about college students that most surprised you?
- What are **TWO** warning signs of suicide?
- Note **ONE** thing (if any) you would change/add to improve the Help Is Here Student Resource Guide:
- Note **ONE** thing (if any) you found most helpful about the Help Is Here Student Resource Guide:

Thanks for your feedback! We hope you found this Resource Guide helpful and share it!