

concern for a peer



mc student health center



 +805-378-1413

 www.moorparkcollege.edu/health

 mc_studenthealthcenter

 Moorpark College Admin Building Rm 111



concerns and stepping-up

COMMON SIGNS THAT A PEER MAY BE IN NEED OF HELP

- Change in class attendance (missing class)
- Change in engagement/behavior
- Keeps canceling plans
- Negative change in school work or work
- Heightened irritability
- Loss of interest
- Makes inappropriate comments on death or darkness
- States they don't want to be here or that people are better off without them
- Panic attacks
- Anxiety
- Seemingly overwhelmed
- Increased substance or alcohol use
- Withdrawal
- Exaggerated emotional reactions
- Sleep pattern changes
- And many more!



WHAT IF I SAY OR DO THE WRONG THING?

Doing something is almost always better than doing nothing. Knowing your resources ahead of time can help make tough conversations easier.

CONVO STARTERS

You: Hey, I noticed that X (you aren't showing up to class, you don't seem as interested in the material, you seem a bit stressed, etc.), how has everything been going for you?

They talk

That is a lot to deal with. Did you know that you have access to free mental health care on campus? I could show you if you are interested in chatting with anyone or learning more.



"School can be really stressful. How are you doing with everything?"

They talk

One of the good things about being in school is that we get free access to medical and mental health. Did you know (share about services)...

connect them to resources

on-campus resources

One of the best things you can do is connect someone to resources. The Moorpark College Student Health Center offers on-campus, off-campus, and online resources.

The Moorpark College Student Health Center is a great on-campus resource.

Concerned about a student?

- **Walk them over**
 - Walking a student over during business hours is a great way to help connect someone to resources. We are located in the Administration Building in room 111.
- **Give them information**
 - If you are not able to walk a peer over, you can give them information on the SHC and resources available
- **Let someone else know**
 - If you are not able get someone the help they need, let a faculty member know. The faculty member may be able to have the behavioral and care team check on the student.

The Moorpark College Student Health Center's Mental Health Resources website



Mindfulness Training



SAFEZONE Website for LGBTQIA+ Resources



what else can you do?

TAKE OUR QPR SUICIDE PREVENTION TRAINING

important numbers

- Text-line: 741741
- Suicide/Crisis Hotline: 988
- Students: SHC 805.378.1413
- Employees: EAP 1-800-854-1446



Administration - AD
The Administration building is the central hub of campus operations.
Inside this building you'll find:
Directions