HELPING A FRIEND IN DISTRESS

Have you ever had a friend who was struggling? Have you wanted to talk to a fellow student dealing with a problem, but weren't sure how? Most college students say they would turn to their friends for support during times of stress, overwhelming anxiety, or depression; however, for many college students, these are not easy topics to discuss.

6% of college students say they have seriously considered suicide in the past year. That's 1 in every 16 friends.

At-Risk for College Students is a 30 minute, interactive, online course designed to provide you with the skills, knowledge, and confidence to identify fellow students in distress, approach them about the issues you’ve noticed, and refer them for help, if necessary.

30% of all college students report feeling so depressed it is difficult for them to function.

Help your fellow students in distress. For more information, contact Student Health Services at 831.479.6435

To access the course: http://kognitocampus.com/student/ccc Enrollment key: ccc6445

This training is made available to all California community colleges through the CCC Student Mental Health Program, a partnership between the Chancellor’s Office and the Foundation for California Community Colleges (FCCC) funded through a grant from the California Mental Health Services Authority (CalMHSA). CalMHSA is an organization of county governments working to improve mental health outcomes for individuals, families and communities. CalMHSA administers programs funded by the voter approved Mental Health Services Act (Prop. 63) on a statewide, regional and local basis.

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