



WHEN CONCERN ARISES ABOUT A FELLOW STUDENT

WHAT DO IF YOU ARE WORRIED ABOUT A FELLOW STUDENT

You don't have to face difficult situations by yourself and take responsibility for other people's struggles when you are worried about them. You can contact university staff if you are worried about another student. In addition to your subject's staff, study psychologists and campus pastors can help you. The goal of our university is to address problems as early and quickly as possible.

What is worrisome behavior? It is difficult to objectively determine worrisome behavior but arising concern is a sign to stop to ponder whether help is needed.

Changes in behaviour may indicate the need for help, for example withdrawing from leisure activities or social situations. Atypical or strange behaviour can also be a personal feature that doesn't need to be concerned about. The key is big changes in behaviour. It is important to talk about bad and rude behaviour.

You can voice your worry to your peer student in a caring manner and inform them about providers of help.

WHEN CONCERN ARISES

When concern arises, talk as directly as possible about your observations – don't interpret!
"I've noticed you often seem distracted, what would it be all about?"
Don't make interpretations: "That person is maybe depressed... they're pretty lazy."

When concern arises, encourage the student to contact e.g. study psychologists, FSHS or campus pastors. Encourage your fellow student to seek help. **Remember! Your fellow student will decide whether they accept help or not. Speaking up is enough.**

Tell the student that seeking and accepting help is very wise. Emphasize the value of professional help. Convince the student that other students will also seek help during their studies. Ask if the student has safety nets and encourage them to take action. Prepare yourself, if necessary, or make sure that the student is accompanied by someone when they contact the necessary aid. If you are worried about your peer student you can ponder the situation with the university staff, but they cannot disclose your peer student's personal information to you.

Remember that you are first and foremost a peer student. Another student's difficult situation is not your responsibility. Listening and forwarding to providers of help is often enough. You can tell the person you are trying to help that you are talking to them as a friend/peer student, but that professional help should be the next step. You need to take care of your own wellbeing as well and direct your peer to providers of help. If needed, also ask conversation help for yourself.

Guiding for help

- [Providers of help](#) (Kamu)
- [Substance abuse programme for students](#)
- [Safety and Security at UEF](#) (Heimo → requires logging in)
- [Instructions and operating model for harassment and inappropriate treatment](#)
- [Equality programme](#)

If you are worried that the student might have suicidal thoughts or plans, it is important to ask about these directly. **Asking directly about suicide or self-harm is not dangerous, it can rather help a person get the help they need.** If such a discussion occurs, try to reassure yourself in the situation, for example by breathing deeply and slowly. Talk to staff, fellow student or another source of help as soon as possible after the discussion with the student. You do not need to diagnose nor treat mental health problems nor be able to give an accurate assessment of when there is a real threat at hand. All you have to do is guide them to seek help if both you and the student think help is needed.

In situations of acute threat call 112.