



How can I be there for you?

How to talk with a student who is struggling.



POUDRE SCHOOL DISTRICT

I noticed you're doing/not doing [behavior] lately, and I wonder if that's related to stress, anxiety, depression, or something else?

I get that you might not want to open up to me - I'm always here for you. But if you'd prefer to speak to someone else, [pre-vetted counselor/ teacher/ coach name] will listen.

It seems like today was hard. I'm here if you need to vent. I won't offer solutions unless you want me to. I can just listen.

On a scale of 1 - 10
Ten indicating that your mental health is really good and one indicating that you're struggling to even get out of bed and to school each day, where would you rate your overall mental health right now?

In crisis? Help is available. Call or text 988 or visit [988lifeline.org](https://www.988lifeline.org).

This is hard for me to talk about and I'm not sure how to start, but I want us to be able to talk about all the things, even the ones that feel difficult to say out loud.