Helping a friend is easier than you think…

Often listening, supporting, encouraging, and just being there can really make a difference in a friend’s life. When it feels like a friend needs more than you can give, these posters will help you figure out how to get them the help they need.

Quick Facts

- 2 out of 10 students seen at the Counseling Center last year were referred by friends
- 4 out of 10 members of the Class of 2010 had at least one session with a counselor
- 8 out of 10 students who attended counseling reported overall improvement and/or maintained healthy levels of well-being

Lafayette Students Report Feeling…

- Concerned people don’t like them (22%)
- Isolated and alone (18%)
- They have no one who understands them (15%)
- They do not get the emotional help and support needed from their social network (9%)
- Sad all the time (8%)

**Based on the 2010 Mental Health and Counseling College Student Survey, n=651**