

# What to do

when you don't know what to do...



## Step 1: Just listen.

*I hear what you are saying to me. I'm listening.*



## Step 2: Tell them you care.

*Thank you for telling me. You matter to me.*



## Step 3: Confirm safety.

*Do you feel safe with yourself? With others?*



## Step 4: Get them connected.

*Let's find you some support.*

# Remember:

- Sometimes trauma, tragedy, and life challenges can't be "fixed."
- It's not your responsibility to solve someone else's problems.
- There is hope. There is help.

Refer a student, faculty, or staff member to **Otero's CARE Team**:



Check out this list of local **mental health** referral options:



Check out this list of local **financial, housing, and material/emotional** support services:



Otero College Mental Health Counseling Office