HOW TO BE AN ACTIVE Bystander During Finals!

C.A.R.E. MODEL

Confront the Situation
Alert Others
Redirect Attention
Engage Peers

ALGEE

Assess the Situation
Listen Non-Judgmentally
Give Reassurance
Encourage Professional Help
Encourage Self Help

BEGINNING OF DEAD WEEK

Ugh. Finals are next week...

We get this!

ahhh!! the math final is tomorrow!

I don't think Kim is doing too well.

Yeah, at their roommate. I know they've not been getting any sleep lately.

I should one of us circle them or at least let our RA know.

I can since I'm their roommate!

END OF DEAD WEEK

Hey Kim, do you wanna go on a coffee break with me?

Sure... studying in company is probably a good idea.

GOOD LUCK on finals everyone!

Look out for each other & remember, your mental health is important! Check out your school’s health center or other resources on campus! We can support each other’s mental health!