

## SEEN: A Way to Have a Conversation

<p><b>S: See/Say concerns</b></p> <ul style="list-style-type: none"> <li>• <u>Notice</u> signs of distress</li> <li>• <u>Be specific</u> in communicating what you observe</li> </ul> <p><b>E: Engage with questions and listening</b></p> <ul style="list-style-type: none"> <li>• <u>Ask open-ended questions</u>, including the most important questions</li> <li>• <u>Listen nonjudgmentally to understand</u>, reflecting back what you hear</li> <li>• <u>Respect what is said</u>, even if you don't agree with it</li> </ul> <p><b>E: Encourage help-seeking</b></p> <ul style="list-style-type: none"> <li>• Consider helping them <u>recall constructive methods/strengths</u> used in the past to cope</li> <li>• If the student wants help, <u>offer support</u></li> <li>• Know some reasons help may be rejected...             <ul style="list-style-type: none"> <li>○ Stigma</li> <li>○ Embarrassment</li> <li>○ Limited understanding or lack of information about counseling services</li> <li>○ Disapproval or misunderstanding from family or friends</li> <li>○ Lack of readiness</li> </ul> </li> <li>• If the student is ambivalent or resists help...             <ul style="list-style-type: none"> <li>○ Listen to their reasons for not seeking help and be encouraging</li> <li>○ Consult CCSD (252-328-6661) or other local resources on how to support student</li> <li>○ Report concerns through ECU Cares</li> </ul> </li> </ul> <p><b>N: Network with resources</b></p> <ul style="list-style-type: none"> <li>• <u>Share about/connect them with counseling or other resources</u> that can help, i.e.:</li> </ul> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">✓ <a href="#">Dean of Students</a></td> <td style="width: 50%;">✓ <a href="#">REAL Crisis Center</a></td> </tr> <tr> <td>✓ <a href="#">ECU Police</a></td> <td>✓ <a href="#">Integrated Family Services</a></td> </tr> <tr> <td>✓ <a href="#">Student Health</a></td> <td>✓ <a href="#">Vidant ED</a></td> </tr> <tr> <td>✓ <a href="#">National Suicide Prevention Lifeline</a></td> <td></td> </tr> </table>	✓ <a href="#">Dean of Students</a>	✓ <a href="#">REAL Crisis Center</a>	✓ <a href="#">ECU Police</a>	✓ <a href="#">Integrated Family Services</a>	✓ <a href="#">Student Health</a>	✓ <a href="#">Vidant ED</a>	✓ <a href="#">National Suicide Prevention Lifeline</a>		<p style="text-align: center;">Examples:</p> <p><i>"I've noticed you haven't been eating much."</i></p> <p><i>"I am concerned about how much/often you are missing class/assignments."</i></p> <p><i>"How long have you felt sad?"</i></p> <p><i>"Are you thinking of ending your life?"*</i></p> <p>(*This does not make them think about it more/less.)</p> <p><i>"It sounds like you have been going through a really difficult time."</i></p> <p><i>"What has helped you overcome before?"</i></p> <p><i>"I'll walk with you to the counseling center."</i></p> <p><i>"Let's call the crisis line."</i></p> <p><i>"I'll sit with you while you call to make the appointment."</i></p> <p><i>"You are not alone in this."</i></p> <p><i>"I care about you."</i></p> <p><i>"There are people who can help you."</i></p> <p><i>"I want to support you the best I can."</i></p> <p><i>"That makes sense why you'd be hesitant. What if this time, counseling did help?"</i></p> <p><i>"Getting help shows strength, not weakness."</i></p> <p><i>"What about taking time to think about it first?"</i></p> <p><i>"Remember, it's free and confidential."</i></p> <p><i>"Did you know that the Dean of Students office can help with excused absences?"</i></p> <p><i>"Here is the counseling center information if you're ever interested."</i></p> <p><i>"I can go with you to Student Health if you want."</i></p> <p><i>"There is this resource called REAL Crisis that..."</i></p>
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*Things to avoid: judging, minimizing, dismissing, arguing, promising secrecy, trying to fix/have all the answers, blaming yourself, making it about you, taking things personally, asking questions like "You wouldn't hurt (vomit, etc.) yourself, would you?," or giving simple answers like "Everything will be ok"*

*(Adapted from the SIREN acronym and FSU Noles C.A.R.E. model)*