You are worried about a fellow student. What now?

Do you find it difficult to share your worries with this person, or do you not know how? This infographic has some tips to help you with it.

**Talk about it**

Ask them how they are doing, let them know what you have noticed or let them know you are worried:

- **It got my attention that you have been absent at lectures lately, is something up?**
- **I noticed that you have been retreating to your room more often, how are you today?**
- **I see that you are more stressed lately, is something bothering you?**

**Conversation tips:**

- “Can you tell me more about it?”
- "What could I do for you?"
- "Does anyone else know?"
- Listen, show understanding and sympathy
- If you don’t know when and where to have this conversation: think about what you would like in this situation.

**Help and support**

**in-and outside university:**

- TU Delft academic counsellor
- TU Delft student psychologist
- General practitioner
- 113 suicide prevention
- Alles Oke supportlijn
- Life threatening situation? Call 112

**What if someone does not want help?**

- Accept that this person does not want help right now.
- Offer that the other person can reach out to you at a later point. Only do this if you are comfortable with this as well.
- Show them the available help in- and outside university. Maybe someone wants help at a later point.
- Don’t you know what to do? Is the situation overwhelming? Ask for help.

“A problem shared is a problem halved”

If you are worried about someone else it can be a difficult situation for you. It can be helpful to share your worries with someone else: with a friend, family member or study- or roommate.

Or ask your academic counsellor or the student psychologist for advice.

**Good to keep in mind:**

You are not responsible for the well-being of another person.