

CONCERNED ABOUT YOUR ROOMMATE?

Living in a community may often lead to challenging circumstances that can be difficult to navigate. When a friend or roommate is struggling, we may feel compelled to take action and support them. While this is important in healthy relationships, we also have to be aware of when circumstances are beyond our capacity and how to help the people we love find the care they need.

EXAMPLES OF COMMON COLLEGE STRESSORS

- Frequent sharing of relationship conflict
- Change in class participation or attendance
- Change in physical appearance or emotional demeanor
- Expressing difficulty with adjustment to college life

If your roommate seems to be experiencing these challenges, provide them with the following information about the Office of Student Care.

The **Office of Student Care** is located on the second floor of the Student Life Building (building 26), right behind the elevators.

Services include:

- Biweekly individual counseling services
- Weekly group counseling services
- A list of off-campus mental health services in the area

Hours: 8 am to 5 pm, Monday through Friday

EXAMPLES OF CONCERNING BEHAVIORS OR CIRCUMSTANCES

- Experiencing a panic attack
- Difficulty calming down after a challenging conversation
- Sharing about a recent or past significantly painful event

If your roommate seems to be experiencing immediate emotional distress that is not life-threatening, encourage them to visit the Office of Student Care and request a crisis appointment.

The **Office of Student Care** maintains availability for walk-in appointments for emergency purposes. Students are encouraged to express to administrative staff that they are experiencing an emergency and would like to be seen as soon as possible. Please note, even if you walk with a student to the Office of Student Care, the student retains the right to refuse services or schedule an appointment for a future date.

EXAMPLES OF EMERGENCY SITUATIONS

- Statements of self-harm or suicidal thoughts
- Disclosing a recent trauma
- Dramatic shifts in mood or presentation

If your roommate appears to be experiencing an immediate and life-threatening emergency, notify Campus Safety right away. This will ensure that your roommate is put in contact with a crisis therapist as soon as possible.

IF YOU ARE EVER UNSURE OF HOW TO RESPOND TO A SITUATION, IMMEDIATELY NOTIFY CAMPUS SAFETY AT 602-639-8100.

GCU
RESIDENCE LIFE