How to Help a Friend

If you are concerned about a friend, here are some suggestions:

- Talk to them in a private space when both of you have time and are not rushed or preoccupied.
- Be direct and specific about your concerns. Express your concern in behavioral, nonjudgmental and caring terms. For example, “You look stressed. I’m concerned about you. Can you tell me what is going on?”
- Listen sensitively.
- Be aware of campus resources and make a referral to one of them from this brochure.
- Follow up with your friend. Check in with them later to find out how he or she is doing. Provide appropriate support, but know your limits and who else can help.

RESOURCES

SJU Public Safety & Security
610-660-1111

Counseling & Psychological Services (CAPS)
610-660-1090

Office of Residence Life
610-660-1060

Student Health Center
610-660-1175

SJU Title IX Coordinator
Dr. Mary-Elaine Perry
titleix@sju.edu, 610-660-1145, Campion 243

SJU Rape Education Prevention Program (R.E.P.P.)
610-733-9650 (24 hour Help Line)

Women Organized Against Rape
215-985-3333

Victim Service Center (Montgomery Co.)
888-521-0983

Philadelphia Suicide Hotline
215-686-4420

CONTACT:

Office of Student Outreach & Support
5600 City Avenue
Campion Hall, Suite 231
Philadelphia, PA 19131

Marci Berney, Director / Case Manager
610-660-1149 | mberney@sju.edu

Katie Bean, Assistant Director
610-660-3462 | kbean@sju.edu

Chris Morrin, Sexual Misconduct Prevention Specialist
610-660-2022 | cmorrin@sju.edu
In the Jesuit spirit of caring for the “whole person,” Student Outreach & Support offers assistance to students at times when they are in need of additional support. Student Outreach & Support offers support, guidance during difficult personal situations, or following critical incidents, and fosters awareness of University services and resources to help promote the student academic experience at SJU.

**Philosophy & Overview**

Student Outreach & Support connects students to appropriate campus or community services through an individual Case Management approach. SO&S serves the University and individual students by arranging, coordinating, monitoring, evaluating, and advocating for students who are in need of assistance. Student Outreach & Support may communicate with appropriate Campus resources on student issues, including mental health hospitalizations and other high risk student situations.

The Wellness, Alcohol & Drug Education (WADE) Program advocates for a campus community that supports and empowers students to make healthy lifestyles choices thus fostering academic success and a safer and healthier campus community. Through peer education and collaboration with campus and community organizations, WADE provides outreach and support to empower students to make informed and responsible decisions throughout their lives.

**CASE MANAGEMENT SUPPORT**

Student Outreach & Support assists students, families and the University community following emergencies or serious personal incidents involving students.

Student Outreach & Support can:

- Serve as the point of contact for students and families, helping to coordinate care and support for students, including referrals to other campus or community resources.

- Provide case management and collaborative follow-up services for students experiencing a significant personal, health or emotional issue.

- Work with students who are experiencing distress and are not sure where to find help.

- Provide support after temporary time away from SJU or a difficult life circumstance to assist with transition back into college life.

- Help students navigating SJU to access support resources.

**Sexual Misconduct Prevention**

- Ongoing education for all students on awareness and prevention of sexual assault, dating/domestic violence, and stalking
- Positive bystander intervention training
- Collaboration with a variety of offices and agencies to provide support for students.

**Wellness, Alcohol & Drug Education Program (WADE)**

- WADE provides individual and group education for students related to alcohol, drugs and other wellness topics.
- WADE can refer students to campus and community supports for alcohol and other drug related issues.
- WADE works with students in recovery from substance use disorders including connecting students to peer support.

**Wellness Educators**

Wellness Educators are a student organization at SJU. They work in conjunction with the WADE program to create a presence on-campus of positive decision-making, and empowers students to make a difference through social and educational initiatives.

Apply on-line to be an SJU Wellness Educator: www.sju.edu/wade