



ALLARD SCHOOL OF LAW

IDEAS FOR A  
CONVERSATION  
WITH A FRIEND

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*The Student Wellbeing Program*



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1. ACKNOWLEDGE
2. NORMALIZE STRESS
3. INQUIRE & LISTEN
4. DISCUSS RESOURCE OPTIONS
5. FOLLOW UP

# ACKNOWLEDGE

Be specific about what you've noticed

Express your concern

Know their “normal” and be aware of changes in their physical appearance, behaviours, thoughts and emotions.

“I have noticed...”, “I am concerned”



# NORMALIZE STRESS



Normalize mental health



Validate life experience

Normalize and validate wellbeing and mental health with a lens of empathy and compassion, and a goal to assist not fix.



# INQUIRE & LISTEN



Ask open-ended questions



Give your full attention

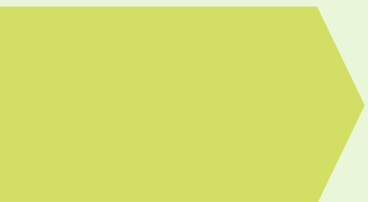
Open ended questions, active listening, paraphrasing.



# DISCUSS RESOURCE OPTIONS



Point out help is available



Encourage them to contact one  
of the resources

What would be helpful? Did you want to talk with the Student Wellbeing Counsellor? I can come with you.

Have you heard of the Lawyer Assistance Program? Lets call together now.

Would it be ok to help you look up resources?



# FOLLOW UP



Check in



Be open and accessible

Check in the next day. “I’m here for you”