

NON-EMERGENCY HELPING STRATEGIES¹

NON-EMERGENCY SITUATIONS UNFOLD SLOWLY AND INVOLVES MORE CAREFUL PLANNING OF HELPING RESPONSE

DIRECT INTERVENTION: YOU SPEAK WITH THE PERSON DIRECTLY.

INDIRECT INTERVENTION: TALK TO ANOTHER PERSON WHO YOU FEEL COULD BE HELPFUL OR GIVE GUIDANCE AND DIRECTION.

REMEMBER THE FOLLOWING AS YOU APPROACH/INTERVENE THE GIVEN SITUATION:

- KNOW YOUR LIMITS AS A HELPER – ENGAGE OTHERS AS NECESSARY.
- BE SENSITIVE, UNDERSTANDING AND NON-JUDGMENTAL.
- SET BOUNDARIES: DO NOT MAKE EXCUSES FOR THE PERSON OR OTHERWISE ENABLE THEM.

REMEMBER THE THREE D'S

- **DIRECT** - TALK TO A FRIEND ABOUT YOUR CONCERNS.
- **DELEGATE** - ASK SOMEONE TO CALL 911 WHILE YOU MONITOR THE SICK FRIEND.
- **DISTRACT** - TELL SOMEONE THEIR CAR IS GETTING TOWED TO BUY TIME.

98.9% OF UVA STUDENTS BELIEVE IT IS THEIR RESPONSIBILITY TO STOP A FRIEND WHO HAS BEEN DRINKING FROM HARMING OTHERS.



RESOURCES: SAMs, THE GORDIE CENTER, CAPS:
DAYTIME: 434-243-5150, AFTER HOURS: 434-972-7004

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