



Your partner may or may not ask for anything more from you at this time. Try to be accommodating to what they need. At the end of your discussion, make a plan to follow up with them. Say something like, "Why don't we have breakfast tomorrow morning? I'd love to check in and see how you're doing."

**At any point before, during, or after your conversation, please feel free to call the Counseling Center at (312-996-3490) to consult with a counselor, or to process how you're feeling as you support your friend.**