



Your friend 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 meet up for coffee on Friday? 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.