Offer encouragement, not advice, and don't try to talk your partner out of feeling. You might say something like, "I'm so glad you told me. You've come so much closer and I know you're tired of it. I'm here to support you however I can, whether you want to talk or not. Do you think you're feeling a little better now?"

Say something like, "I'm so glad to hear that you're thinking about seeing a counselor right now. Did you think you'd benefit from talking to someone at the Counseling Center here or elsewhere about how you're feeling? They assist with suicide, the school of the town. They also offer workshops and other types of support, and it's important to me that you connect to a therapist. Please know I am here to support you."

Provide the National Suicide Hotline number (1-800-273-8255) and the website to learn more about it and get more resources. It's hard to imagine going to counseling or therapy, so let's think about it. You can call the Counseling Center (312-996-3490) or local police, and someone at the Counseling Center here on campus can call this hotline number and talk to a professional. Offer to stay with them while they talk or go to the next room.

When the phone call is complete, ask your partner if they want to talk about it. Offer to stay with them until help arrives. I know it will feel better if you talk about it. As you leave, tell your friend something like, "I really appreciate you having this talk with me and trusting me to be there for you. Please know I am here to support you however I can. What else can I do to help you get through this?"

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.