



# Mental Health

Be Present. Be Accountable. Be Human.

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While certainly not a new issue, mental health has become an increasingly critical matter on college campuses today. Mental health issues can take many different shapes and sizes, and often impact people in different ways. While no one expects you to be an expert in this area, simply being a good friend is a great place to start. Remember, when it comes to good mental health, good brothers are present, accountable and human. Use this guide to lead a discussion about being a good brother when it comes to matters of mental health.

## **Be Present**

Being present is all about showing compassion and really listening. Checking in with others to see how they are doing is important, so take it seriously. Be in the moment, avoid distractions and engage in active listening. Active listening involves making a conscious effort to not only hear the words that someone is saying, but also trying to fully understand the message being sent.

### Benefits of Active Listening:

- Improves mutual understanding
- Focuses attention on the speaker
- Avoids misunderstandings
- Encourages speaker to be more open/honest

**Why do you think active listening is important when discussing the emotional wellbeing of others? What are some potential problems with not being fully present?**

## **Be Accountable**

Being accountable refers to taking responsibility for continuing support. Think of the phrase, “You are your brother’s keeper.” It is vital that you continue to engage someone who may be struggling emotionally or psychologically. This is especially important in matters of mental health, as many of these issues can evolve over a period of time.

**What are some ways you can continue to support the emotional wellbeing of others? How can you hold yourself accountable to continuing that support?**

## **Be Human**

If you’re not a licensed psychologist, don’t pretend to be one! Being human means that you know your limits and consult the experts when necessary. Many mental health issues are complex and require a certain level of expertise to properly identify and address. If you find yourself in a position where you feel uncomfortable or unqualified to discuss an issue, seek out someone to assist. Most colleges and universities have a wealth of support networks and resources related to mental health.

**Why do you think it is important to know your limits when discussing mental health? What are some examples of people and/or places in your community or at your institution who could assist a brother who may be dealing with a mental health issue?**

## **Resources**

### **SIGMA NU TALKS | SOCIAL ISSUES**

**[HTTP://WWW.SIGMANU.ORG/FILE/COLLEGIATE-MEMBERS/LEAD-PROGRAM/PHASES/ALL-CHAPTER-LEAD-PROGRAMMING/SIGMA-NU-TALKS-SOCIAL-ISSUES.PDF](http://www.sigmanu.org/file/collegiate-members/lead-program/phases/all-chapter-lead-programming/sigma-nu-talks-social-issues.pdf)**

### **ULIFELINE**

**[HTTP://WWW.ULIFELINE.ORG/](http://www.ulifeline.org/)**

### **THE JED FOUNDATION**

**[HTTPS://WWW.JEDFOUNDATION.ORG/](https://www.jedfoundation.org/)**

### **CAMPUS STUDENT COUNSELING OR HEALTH CENTER**