

A Little Help for Your Friends...



Provide support for your friends who are battling severe stress or mental health issues.

If you have friends who are experiencing depression, anxiety, anger management issues, or any other mental health issues, urge them to seek free and confidential assistance from LSU's Mental Health Service located on the second floor of the Student Health Center or by telephone at **578-8774**. If you are seeking guidance on how you can help your friends, these professionals can assist you as well. For emergency assistance after hours, call The Phone at **924-5781**.

STUDENT HEALTH
578-8774

AFTER HOURS
924-5781

LSU

Visit www.lsu.edu/safety for safety tips and information.