



When to Worry - What to Remember

It's a gift

- When someone comes to you with something personal, say “thanks.”
- Don't gossip
- It's not gossip if you need to tell another trusted adult

You don't have to know how to feel or what they should do.

Start with validation and empathy:

- “I hear how important this is to you.”
- “That sounds really hard.”
- “I'm so sorry that happened.”
- Don't lie or make it about you or something that happened to you

Figure out if you're worried. Ask yourself:

Is this person in distress?

- facial expressions
- body language
- tone of voice
- words they're using
- Are they louder or more dramatic
- Are they closed off
- If you're not sure - kick it up to a supervisor to help you decide.

Has their behavior changed at camp?

Did they mention anything dangerous?

- Did you hear anything about:
 - Suicide, or cutting, or self-harm
 - Afraid of someone or getting hurt
- It's not your job to know if they're serious
- Get a supervisor to help you!

Are you just not sure? Kick it up to a supervisor

DON'T DIAGNOSE.

It's not your job, and labeling what someone is experiencing when you're not a trained social worker, doctor, etc... causes pain and gossip to escalate but does not help the person.

Take care of you.

- If you're struggling - don't ignore that
- Lean on your own support network
- Tell your supervisor, or your mentor