NON-EMERGENCY HELPING STRATEGIES

Non-emergency situations unfold slowly and involve more careful planning of helping response.

Direct Intervention: You speak with the person directly.
Indirect Intervention: Talk to another person who you feel could be helpful or give guidance and direction.

Remember the following as you approach/intervene the given situation:

- Know your limits as a helper – engage others as necessary.
- Be sensitive, understanding and non-judgmental.
- Set boundaries: do not make excuses for the person or otherwise enable them.

Remember the three d’s

- Direct - Talk to a friend about your concerns.
- Delegate - Ask someone to call 911 while you monitor the sick friend.
- Distract - Tell someone their car is getting towed to buy time.

98.9% of UVA students believe it is their responsibility to stop a friend who has been drinking from harming others.

Resources: SAMs, the Gordie Center, CAPS: Daytime: 434-243-5150, After Hours: 434-972-7004

1Step Up! (2010) The University of Arizona
22013 UVA Health Survey