

## Talk to Me!

Hi. This bookmark is an invitation and a request.

### **Invitation**

I want you to trust that if you need someone to talk to confidentially\* about difficult life issues—roommate, parents, relationships, sex, addictions, health, family, religion, sexual orientation, depression, eating, school...whatever!—I am here to listen. More than just listen, sometimes I will identify professionals on campus who are caring experts, encouraging you to take advantage of their abilities to be helpful. Also, just so you know: I'll also be careful about not giving you lots of advice, because I'm not a professional counselor, by a long shot.

This may sound all serious and heavy. And, day to day, our lives aren't typically like that. But, we all have low times and it can help to know someone cares. I do care. I will care.

### **Request**

In order for you to come to me to talk, you need to be confident that I'm approachable. Your confidence in my approachability will be influenced by who you think I am, in how I come across, day to day. So, as we are getting to know one another, if I do things that make you question whether you can trust me, please let me know. Please, talk to me.

If I put things on my door or in my room or say something that concerns you—something that you interpret to mean that I don't care about you or have really different values than you—please talk to me! It will help me realize something new about how and what I'm communicating. I may also, as non-defensively as possible, share with you my intentions, which may help you better understand what I did or said.

### **Re-invitation**

I want to be here for you, when you need me. I'll listen to you and care about how you're feeling. If possible I'll also help you get in contact with someone who is more expertly helpful than me, so you can breathe easier and re-focus on good things in your life.

So, whenever it seems right, please feel invited to talk to me!

*\*I may not always be able to keep strict confidentiality, depending on whether you share things that might pose a danger to you or others. In that case, I may need to speak to my supervisor, the Residence Life Coordinator. But, otherwise our conversation will be just between you and me.*