|  | <!DOCTYPE html> |
| --- | --- |
|  | <html lang="en" dir="ltr"> |
|  | <head> |
|  | <meta charset="utf-8" /> |
|  | <script async src="<https://www.googletagmanager.com/gtag/js?id=UA-1254336-5>"></script> |
|  | <script>window.dataLayer = window.dataLayer || [];function gtag(){dataLayer.push(arguments)};gtag("js", new Date());gtag("set", "developer\_id.dMDhkMT", true);gtag("config", "UA-1254336-5", {"groups":"default","anonymize\_ip":true,"page\_placeholder":"PLACEHOLDER\_page\_path"});gtag("config", "G-2P4EJPSFWK", {"groups":"default","page\_placeholder":"PLACEHOLDER\_page\_location"});</script> |
|  | <meta name="description" content="How To Help Our friends are some of the most important people in our lives. We are often relied upon to support someone when they are going through a difficult time. Counseling Services offers free consultation if you would like to discuss your concerns and how you can support to your friend. Contact Counseling Services at 541-346-3227." /> |
|  | <link rel="canonical" href="<https://counseling.uoregon.edu/helping-friend>" /> |
|  | <meta name="Generator" content="Drupal 10 (https://www.drupal.org)" /> |
|  | <meta name="MobileOptimized" content="width" /> |
|  | <meta name="HandheldFriendly" content="true" /> |
|  | <meta name="viewport" content="width=device-width, initial-scale=1.0" /> |
|  | <meta name="msapplication-config" content="/modules/contrib/uo\_core/browserconfig.xml" /> |
|  | <link rel="icon" href="[/themes/contrib/uo\_cosmic\_theme/favicon.ico](https://counseling.uoregon.edu/themes/contrib/uo_cosmic_theme/favicon.ico)" type="image/vnd.microsoft.icon" /> |
|  | <link rel="icon" href="[/modules/contrib/uo\_core/uo-web-design-framework/images/favicons/favicon-32x32.png](https://counseling.uoregon.edu/modules/contrib/uo_core/uo-web-design-framework/images/favicons/favicon-32x32.png)" /> |
|  | <link rel="icon" href="[/modules/contrib/uo\_core/uo-web-design-framework/images/favicons/favicon-16x16.png](https://counseling.uoregon.edu/modules/contrib/uo_core/uo-web-design-framework/images/favicons/favicon-16x16.png)" /> |
|  | <link rel="apple-touch-icon" sizes="180x180" href="[/modules/contrib/uo\_core/uo-web-design-framework/images/favicons/apple-touch-icon.png](https://counseling.uoregon.edu/modules/contrib/uo_core/uo-web-design-framework/images/favicons/apple-touch-icon.png)" /> |
|  | <link rel="manifest" href="[/modules/contrib/uo\_core/manifest.json](https://counseling.uoregon.edu/modules/contrib/uo_core/manifest.json)" /> |
|  |  |
|  | <title>Helping a Friend | Counseling Services</title> |
|  | <meta name="theme-color" content="#154733"> |
|  | <meta name="msapplication-navbutton-color" content="#154733"> |
|  | <meta name="apple-mobile-web-app-status-bar-style" content="#154733"> |
|  | <link rel="stylesheet" media="all" href="[/sites/default/files/css/css\_2ULdecmtcySC3PGduKzzXvFmNGCvcBYgQU-Xs4y29Nc.css?delta=0&amp;language=en&amp;theme=cosmic&amp;include=eJxtjlEKwkAQQy\_UoUeS6TYti52NbLYsenq1H2rBv7zwAtFdDTFOLgyJipxOOSD5Cr24Yiys4Vt-YNh5OZqFpZl3iPEtd1rHZDOU12JL9UBnvVpi3Da0Q5QQH\_sN\_ye\_XwpnPAEoYUM\_](https://counseling.uoregon.edu/sites/default/files/css/css_2ULdecmtcySC3PGduKzzXvFmNGCvcBYgQU-Xs4y29Nc.css?delta=0&language=en&theme=cosmic&include=eJxtjlEKwkAQQy_UoUeS6TYti52NbLYsenq1H2rBv7zwAtFdDTFOLgyJipxOOSD5Cr24Yiys4Vt-YNh5OZqFpZl3iPEtd1rHZDOU12JL9UBnvVpi3Da0Q5QQH_sN_ye_XwpnPAEoYUM_)" /> |
|  | <link rel="stylesheet" media="all" href="<https://cdn.uoregon.edu/uocdn1/uo-web-design-framework/Releases/24.07/v1/css/styles-drupal8.css>" /> |
|  | <link rel="stylesheet" media="all" href="[/sites/default/files/css/css\_6VSLLeHrmhawc1bBzyl9Gz3UCdGmbON2VBZPH6Gz0LM.css?delta=2&amp;language=en&amp;theme=cosmic&amp;include=eJxtjlEKwkAQQy\_UoUeS6TYti52NbLYsenq1H2rBv7zwAtFdDTFOLgyJipxOOSD5Cr24Yiys4Vt-YNh5OZqFpZl3iPEtd1rHZDOU12JL9UBnvVpi3Da0Q5QQH\_sN\_ye\_XwpnPAEoYUM\_](https://counseling.uoregon.edu/sites/default/files/css/css_6VSLLeHrmhawc1bBzyl9Gz3UCdGmbON2VBZPH6Gz0LM.css?delta=2&language=en&theme=cosmic&include=eJxtjlEKwkAQQy_UoUeS6TYti52NbLYsenq1H2rBv7zwAtFdDTFOLgyJipxOOSD5Cr24Yiys4Vt-YNh5OZqFpZl3iPEtd1rHZDOU12JL9UBnvVpi3Da0Q5QQH_sN_ye_XwpnPAEoYUM_)" /> |
|  | <link rel="stylesheet" media="all" href="<https://cdn.uoregon.edu/uocdn1/uo-web-design-framework/Universal/stable-assets/fontawesome-free-6.5.1-web/css/all.min.css>" /> |
|  | <link rel="stylesheet" media="all" href="[/sites/default/files/css/css\_afXrp5TBKrxQ6fBDi0UCBhYBCnb4UsuV7s5QJ1GV-40.css?delta=4&amp;language=en&amp;theme=cosmic&amp;include=eJxtjlEKwkAQQy\_UoUeS6TYti52NbLYsenq1H2rBv7zwAtFdDTFOLgyJipxOOSD5Cr24Yiys4Vt-YNh5OZqFpZl3iPEtd1rHZDOU12JL9UBnvVpi3Da0Q5QQH\_sN\_ye\_XwpnPAEoYUM\_](https://counseling.uoregon.edu/sites/default/files/css/css_afXrp5TBKrxQ6fBDi0UCBhYBCnb4UsuV7s5QJ1GV-40.css?delta=4&language=en&theme=cosmic&include=eJxtjlEKwkAQQy_UoUeS6TYti52NbLYsenq1H2rBv7zwAtFdDTFOLgyJipxOOSD5Cr24Yiys4Vt-YNh5OZqFpZl3iPEtd1rHZDOU12JL9UBnvVpi3Da0Q5QQH_sN_ye_XwpnPAEoYUM_)" /> |
|  | <link rel="stylesheet" media="all" href="[/sites/default/files/css/css\_yo9esGuC\_pJQkySErGxvafOSuv96dTQNi1gb-24BO1Q.css?delta=5&amp;language=en&amp;theme=cosmic&amp;include=eJxtjlEKwkAQQy\_UoUeS6TYti52NbLYsenq1H2rBv7zwAtFdDTFOLgyJipxOOSD5Cr24Yiys4Vt-YNh5OZqFpZl3iPEtd1rHZDOU12JL9UBnvVpi3Da0Q5QQH\_sN\_ye\_XwpnPAEoYUM\_](https://counseling.uoregon.edu/sites/default/files/css/css_yo9esGuC_pJQkySErGxvafOSuv96dTQNi1gb-24BO1Q.css?delta=5&language=en&theme=cosmic&include=eJxtjlEKwkAQQy_UoUeS6TYti52NbLYsenq1H2rBv7zwAtFdDTFOLgyJipxOOSD5Cr24Yiys4Vt-YNh5OZqFpZl3iPEtd1rHZDOU12JL9UBnvVpi3Da0Q5QQH_sN_ye_XwpnPAEoYUM_)" /> |
|  |  |
|  | <script src="<https://cdn.uoregon.edu/uocdn1/uo-web-design-framework/Releases/24.07/v1/js/uowdf-init.js>"></script> |
|  |  |
|  | </head> |
|  | <body class="licensed-fonts-enabled menupull-right path-node page-node-type-page uowdf--mobile-menu drupal-8"> |
|  | <a href="[#main-content](https://counseling.uoregon.edu/helping-friend#main-content)" class="visually-hidden focusable skip-link"> |
|  | Skip to main content |
|  | </a> |
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|  |  |
|  | <div class="uoheader uowdf-search-dialog--enabled"> |
|  | <div class="uoheader\_\_container" style="max-width: px;"> |
|  |  |
|  | <div class="uoheader\_\_logo-container"> |
|  | <a href="[https://uoregon.edu?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/?utm_source=banner-module&utm_campaign=banner)" rel="home"> |
|  | <img src="[/modules/contrib/uo\_core/uo-web-design-framework/images/uo-logo.svg](https://counseling.uoregon.edu/modules/contrib/uo_core/uo-web-design-framework/images/uo-logo.svg)" alt="University of Oregon" /> |
|  | </a> |
|  | </div> |
|  |  |
|  | <div class="uoheader\_\_links-container"> |
|  | <div class="uoheader\_\_links-background"> |
|  | <nav id="banner-links"> |
|  | <ul class="uoheader\_\_links"> |
|  | <li class="uoheader\_\_link"> |
|  | <a href="[https://www.uoregon.edu/onestop?utm\_source=banner-module&amp;utm\_campaign=banner](https://www.uoregon.edu/onestop?utm_source=banner-module&utm_campaign=banner)">One Stop</a> |
|  | </li> |
|  | <li class="uoheader\_\_link"> |
|  | <a href="[https://uoregon.edu/apply?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/apply?utm_source=banner-module&utm_campaign=banner)">Apply</a> |
|  | </li> |
|  | <li class="uoheader\_\_link"> |
|  | <a href="[https://visit.uoregon.edu?utm\_source=banner-module&amp;utm\_campaign=banner](https://visit.uoregon.edu/?utm_source=banner-module&utm_campaign=banner)">Visit</a> |
|  | </li> |
|  | <li class="uoheader\_\_link"> |
|  | <a href="[https://google.com](https://google.com/)">Give</a> |
|  | </li> |
|  | </ul> |
|  | </nav> |
|  | <div class="uoheader\_\_search"> |
|  | <a class="uoheader\_\_search\_\_button" id="uobanner-search" href="[/search](https://counseling.uoregon.edu/search)">Search</a> |
|  | </div> |
|  | </div> |
|  | </div> |
|  |  |
|  | <div class="uowdf-search-dialog" role="search"> |
|  | <button class="uowdf-search-dialog\_\_close" id="seach-close-button" aria-label="Close Search"></button> |
|  | <div class="uowdf-search-dialog\_\_search-region"> |
|  | <div class="search-block-form block block-search container-inline" data-drupal-selector="search-block-form" id="block-cosmic-search" role="search"> |
|  |  |
|  | <h2>Search this site</h2> |
|  |  |
|  | <form action="/search/node" method="get" id="search-block-form" accept-charset="UTF-8"> |
|  | <div class="js-form-item form-item js-form-type-search form-type-search js-form-item-keys form-item-keys form-no-label"> |
|  | <label for="edit-keys" class="visually-hidden">Search</label> |
|  | <input title="Enter the terms you wish to search for." data-drupal-selector="edit-keys" type="search" id="edit-keys" name="keys" value="" size="15" maxlength="128" class="form-search" /> |
|  |  |
|  | </div> |
|  | <div data-drupal-selector="edit-actions" class="form-actions js-form-wrapper form-wrapper" id="edit-actions"><input data-drupal-selector="edit-submit" type="submit" id="edit-submit" value="Search" class="button js-form-submit form-submit" /> |
|  | </div> |
|  |  |
|  | </form> |
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|  | </div> |
|  |  |
|  | </div> |
|  | </div> |
|  |  |
|  | <div class="uoheader\_\_mobile"> |
|  | <a class="uowdf-mobile-search-button" id="uowdf-mobile-search-button" href="[/search](https://counseling.uoregon.edu/search)">Search</a> |
|  | <button class="uowdf-mobile-menu\_\_button\_\_new" id="uowdf-mobile-menu\_\_button" aria-label="Navigation" aria-expanded="false" aria-haspopup="true" aria-controls="uobanner-sidebar"> |
|  | <div class="uowdf-mobile-menu\_\_button\_\_new-bar-1"></div> |
|  | <div class="uowdf-mobile-menu\_\_button\_\_new-bar-2"></div> |
|  | <div class="uowdf-mobile-menu\_\_button\_\_new-bar-3"></div> |
|  | <div class="uowdf-mobile-menu\_\_button\_\_text">Menu</div> |
|  | </button> |
|  | </div> |
|  |  |
|  | </div> |
|  | </div> |
|  | <div class="uowdf-mobile-menu\_\_container"> |
|  | <div class="uowdf-mobile-menu" id="uowdf-mobile-menu" data-menu-id="0"> |
|  |  |
|  |  |
|  |  |
|  | <h1 class="uowdf-mobile-menu\_\_title">Counseling Services Menu</h1> |
|  | <nav class="uowdf-mobile-menu\_\_menu uowdf-mobile-menu--accordions"> |
|  | <ul class="uowdf-mobile-menu\_\_list" id="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Therapy and Services</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="1" data-parent-menu-id="0"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/services](https://counseling.uoregon.edu/services)" title="Learn more about Counseling and Self-Support options at the University of Oregon" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/2">Therapy and Services Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/getting-started](https://counseling.uoregon.edu/getting-started)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/222">Getting Started</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/individual-therapy](https://counseling.uoregon.edu/individual-therapy)" title="Learn more about Individual Therapy options available at the University of Oregon" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/7">Individual Therapy</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Groups</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="12" data-parent-menu-id="1"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/group-therapy](https://counseling.uoregon.edu/group-therapy)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/29">Groups Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/group-therapy-faq](https://counseling.uoregon.edu/group-therapy-faq)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/28">Group Therapy FAQ</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/groups-offered](https://counseling.uoregon.edu/groups-offered)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/27">Groups Offered</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/crisis-support](https://counseling.uoregon.edu/crisis-support)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/11">Crisis Support</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/letstalk](https://counseling.uoregon.edu/letstalk)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/221">Let’s Talk</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="<https://health.uoregon.edu/psychiatry>" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf">Psychiatry</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/referralscase-management](https://counseling.uoregon.edu/referralscase-management)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/30">Referrals</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/substance-use](https://counseling.uoregon.edu/substance-use)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/247">Substance Use</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Events and Workshops</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="2" data-parent-menu-id="0"> |
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|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/outreach](https://counseling.uoregon.edu/outreach)" title="Learn more about Outreach programs at the University of Oregon" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/3">Events and Workshops Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/campaigns](https://counseling.uoregon.edu/campaigns)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/230">Wellness Campaigns</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/suicide-prevention](https://counseling.uoregon.edu/suicide-prevention)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/145">Suicide Prevention</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/mham](https://counseling.uoregon.edu/mham)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/295">Mental Health Awareness Month</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item active-trail has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Support a Student</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="3" data-parent-menu-id="0"> |
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|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/support](https://counseling.uoregon.edu/support)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/229">Support a Student Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/helping-friend](https://counseling.uoregon.edu/helping-friend)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf is-active" data-drupal-link-system-path="node/32" aria-current="page">Helping a Friend</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/faculty-staff-resources](https://counseling.uoregon.edu/faculty-staff-resources)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/125">Faculty and Staff</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Parents and Families</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="34" data-parent-menu-id="3"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/parentsandfamilies](https://counseling.uoregon.edu/parentsandfamilies)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/252">Parents and Families Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/how-families-can-support-students](https://counseling.uoregon.edu/how-families-can-support-students)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/269">How Families Can Support Students</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Self-Care</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="4" data-parent-menu-id="0"> |
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|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/selfcare](https://counseling.uoregon.edu/selfcare)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/232">Self-Care Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/concerns](https://counseling.uoregon.edu/concerns)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/117">Common Concerns</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/copingstrategies](https://counseling.uoregon.edu/copingstrategies)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/225">Coping Strategies</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/well-being-tools](https://counseling.uoregon.edu/well-being-tools)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/251">Well-being Tools</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">Be Well Blog</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="45" data-parent-menu-id="4"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/be-well-blog](https://counseling.uoregon.edu/be-well-blog)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/34">Be Well Blog Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/celebrating-women%E2%80%99s-history-month-ladies-psychology](https://counseling.uoregon.edu/celebrating-women%E2%80%99s-history-month-ladies-psychology)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/294">Celebrating Women’s History Month: The Ladies of Psychology</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/dating-and-relationship-non-negotiables](https://counseling.uoregon.edu/dating-and-relationship-non-negotiables)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/293">Dating and Relationship Non-negotiables</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/effectively-managing-emotions-during-stressful-times](https://counseling.uoregon.edu/effectively-managing-emotions-during-stressful-times)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/297">Effectively Managing Emotions During Stressful Times</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/maintaining-mental-wellness-while-studying-abroad](https://counseling.uoregon.edu/maintaining-mental-wellness-while-studying-abroad)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/298">Maintaining Mental Wellness While Studying Abroad</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="<https://dos.uoregon.edu/recovery>" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf">Collegiate Recovery Center</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">APA Doctoral Internship</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="5" data-parent-menu-id="0"> |
|  |  |
|  |  |
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|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/internship](https://counseling.uoregon.edu/internship)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/8">APA Doctoral Internship Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="1">About Us</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="56" data-parent-menu-id="5"> |
|  |  |
|  |  |
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|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list uowdf-mobile-menu--depth-2"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/aboutus](https://counseling.uoregon.edu/aboutus)" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/91">About Us Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/apa-team](https://counseling.uoregon.edu/apa-team)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/105">APA Team</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/service](https://counseling.uoregon.edu/service)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/98">Service and Administrative Activities</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/training](https://counseling.uoregon.edu/training)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/93">Training Activities</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/application](https://counseling.uoregon.edu/application)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/24">Application Information</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/faq](https://counseling.uoregon.edu/faq)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/21">FAQ</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item has-submenu is-leaflet"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">About</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="6" data-parent-menu-id="0"> |
|  |  |
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|  |  |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/about](https://counseling.uoregon.edu/about)" title="Learn more about Counseling Services at the University of Oregon" class="uowdf-mobile-menu\_\_link" data-drupal-link-system-path="node/5">About Overview</a> |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/confidentiality-and-privacy-policy](https://counseling.uoregon.edu/confidentiality-and-privacy-policy)" title="Learn more about the Counseling Center’s Confidentiality and Privacy Policy." class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/6">Confidentiality and Privacy Policy</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/documentation-requests](https://counseling.uoregon.edu/documentation-requests)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/19">Documentation</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/team](https://counseling.uoregon.edu/team)" title="Learn more about the Counseling Services Staff" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="team">Our Team</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/practicum](https://counseling.uoregon.edu/practicum)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/20">Practicum Program</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/sab](https://counseling.uoregon.edu/sab)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/22">Student Advisory Board</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/commitment-multiculturalism](https://counseling.uoregon.edu/commitment-multiculturalism)" class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf" data-drupal-link-system-path="node/55">Diversity</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  |  |
|  | </li> |
|  |  |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a href="[/crisis-support](https://counseling.uoregon.edu/crisis-support)" title="Get help now." class="uowdf-mobile-menu\_\_link uowdf-mobile-menu\_\_link--leaf">Get Help Now</a> |
|  | </li> |
|  | </ul> |
|  |  |
|  | </nav> |
|  |  |
|  | <div class="uowdf-mobile-menu\_\_secondary-menus"> |
|  |  |
|  | <nav class="utility-nav collapse-menu collapse-menu--collapsed context--foreground-light" id="uowdf-mobile-menu\_\_utility-links"> |
|  | <button class="uowdf-mobile-menu\_\_accordion-button" data-depth="0">Take Action</button> |
|  | <div class="uowdf-mobile-menu\_\_submenu" data-menu-id="99999999"> |
|  | <ul class="uowdf-mobile-menu\_\_list"> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[https://www.uoregon.edu/onestop?utm\_source=banner-module&amp;utm\_campaign=banner](https://www.uoregon.edu/onestop?utm_source=banner-module&utm_campaign=banner)">One Stop</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[https://uoregon.edu/apply?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/apply?utm_source=banner-module&utm_campaign=banner)">Apply</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[https://visit.uoregon.edu?utm\_source=banner-module&amp;utm\_campaign=banner](https://visit.uoregon.edu/?utm_source=banner-module&utm_campaign=banner)">Visit</a> |
|  | </li> |
|  | <li class="uowdf-mobile-menu\_\_list-item"> |
|  | <a class="uowdf-mobile-menu\_\_link" href="[https://google.com](https://google.com/)">Give</a> |
|  | </li> |
|  | </ul> |
|  | </div> |
|  | </nav> |
|  | </div> |
|  |  |
|  | </div> |
|  | </div> |
|  |  |
|  | <div class="dialog-off-canvas-main-canvas" data-off-canvas-main-canvas> |
|  | <div class="page"> |
|  |  |
|  | <header class="site-header" role="banner"> |
|  | <div class="site-header\_\_content"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <h2 class="site-header\_\_site-name" id="site-name"> |
|  | <a href="[/](https://counseling.uoregon.edu/)" title="Counseling ServicesHome" class="site-header\_\_site-link" rel="home"><span>Counseling Services</span></a> |
|  | </h2> |
|  |  |
|  | <a href="[https://health.uoregon.edu](https://health.uoregon.edu/)" class="site-header\_\_site-title-after-link"> |
|  | <div class="site-header\_\_site-title-after site-header\_\_site-subtitle" id="site-title-after">University Health Services</div> |
|  | </a> |
|  |  |
|  | </div> |
|  |  |
|  | </header> <div id="stickynav-waypoint"></div> |
|  |  |
|  | <div class="navigation-bar"> |
|  | <div class="region region-primary-menu"> |
|  |  |
|  | <nav role="navigation" aria-labelledby="block-cosmic-main-menu-menu" id="block-cosmic-main-menu" class="block block-menu navigation menu--main"> |
|  |  |
|  | <h2 class="visually-hidden" id="block-cosmic-main-menu-menu">Main navigation</h2> |
|  |  |
|  |  |
|  |  |
|  | <ul class="menu"> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/services](https://counseling.uoregon.edu/services)" title="Learn more about Counseling and Self-Support options at the University of Oregon" data-drupal-link-system-path="node/2">Therapy and Services</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/outreach](https://counseling.uoregon.edu/outreach)" title="Learn more about Outreach programs at the University of Oregon" data-drupal-link-system-path="node/3">Events and Workshops</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--active-trail menu-item--depth-0"> |
|  | <a href="[/support](https://counseling.uoregon.edu/support)" data-drupal-link-system-path="node/229">Support a Student</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/selfcare](https://counseling.uoregon.edu/selfcare)" data-drupal-link-system-path="node/232">Self-Care</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/internship](https://counseling.uoregon.edu/internship)" data-drupal-link-system-path="node/8">APA Doctoral Internship</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/about](https://counseling.uoregon.edu/about)" title="Learn more about Counseling Services at the University of Oregon" data-drupal-link-system-path="node/5">About</a> |
|  | </li> |
|  | <li class="menu-item menu-item--depth-0"> |
|  | <a href="[/crisis-support](https://counseling.uoregon.edu/crisis-support)" title="Get help now.">Get Help Now</a> |
|  | </li> |
|  | </ul> |
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|  | </nav> |
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|  |  |
|  | </div> |
|  |  |
|  | <div class="region region-secondary-menu"> |
|  |  |
|  | <nav role="navigation" aria-labelledby="block-mainmenu-menu" id="block-mainmenu" class="block block-menu navigation menu--main"> |
|  |  |
|  | <h2 class="visually-hidden" id="block-mainmenu-menu">Secondary Menu</h2> |
|  |  |
|  |  |
|  |  |
|  | <ul class="menu"> |
|  | <li class="menu-item menu-item--active-trail menu-item--depth-0"> |
|  | <a href="[/helping-friend](https://counseling.uoregon.edu/helping-friend)" data-drupal-link-system-path="node/32" class="is-active" aria-current="page">Helping a Friend</a> |
|  | </li> |
|  | <li class="menu-item menu-item--depth-0"> |
|  | <a href="[/faculty-staff-resources](https://counseling.uoregon.edu/faculty-staff-resources)" data-drupal-link-system-path="node/125">Faculty and Staff</a> |
|  | </li> |
|  | <li class="menu-item menu-item--collapsed menu-item--depth-0"> |
|  | <a href="[/parentsandfamilies](https://counseling.uoregon.edu/parentsandfamilies)" data-drupal-link-system-path="node/252">Parents and Families</a> |
|  | </li> |
|  | </ul> |
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|  | </nav> |
|  |  |
|  |  |
|  | </div> |
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|  | </div> |
|  |  |
|  | <main role="main"> |
|  | <a id="main-content" tabindex="-1"></a> |
|  | <div class="region region-highlighted"> |
|  | <div data-drupal-messages-fallback class="hidden"></div> |
|  |  |
|  |  |
|  | </div> |
|  |  |
|  |  |
|  |  |
|  | <div class="layout"> |
|  | <div class="layout\_\_content"> |
|  |  |
|  | <div class="region region-content"> |
|  | <div id="block-cosmic-page-title" class="block block-core block-page-title-block"> |
|  |  |
|  |  |
|  |  |
|  | <h1 class="page-title"><span class="field field--name-title field--type-string field--label-hidden">Helping a Friend</span> |
|  | </h1> |
|  |  |
|  |  |
|  | </div> |
|  | <div id="block-cosmic-content" class="block block-system block-system-main-block"> |
|  |  |
|  |  |
|  |  |
|  | <article class="node node--type-page node--view-mode-full"> |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  | <div class="node\_\_content"> |
|  |  |
|  | <div class="clearfix text-formatted field field--name-body field--type-text-with-summary field--label-hidden field\_\_item"><h1>How To Help</h1> |
|  |  |
|  | <p>Our friends are some of the most important people in our lives. We are often relied upon to support someone when they are going through a difficult time.</p> |
|  |  |
|  | <p>Counseling Services offers free consultation if you would like to discuss your concerns and how you can support to your friend. Contact&nbsp;Counseling Services at 541-346-3227.</p> |
|  |  |
|  | <h2>Supporting Survivors of Sexual Assault and Sexual Harassment</h2> |
|  |  |
|  | <p>If a friend or someone you know tells you they have experienced sexual harassment, including&nbsp;sexual assault, dating or domestic violence, gender-based harassment or bullying, and&nbsp;stalking, it may be hard to know what to say. The SAFE website has resources and information that can help you support them.</p> |
|  |  |
|  | <p style="text-align: center;"><a class="cta-button cta-button--dark" href="[http://safe.uoregon.edu](http://safe.uoregon.edu/)" target="\_blank">SAFE Website</a></p> |
|  |  |
|  | <h2>Someone Who May Have Suicidal Thoughts or Ideation</h2> |
|  |  |
|  | <p>If you believe someone you know may be having suicidal thoughts, use these guidelines to help you assess the situation and decide on next steps. If you need assistance or have questions, call Counseling Services or the After–Hours Support and Crisis Line&nbsp;at 541-346-3227.</p> |
|  |  |
|  | <p><strong>Do:</strong></p> |
|  |  |
|  | <ul> |
|  | <li>Talk with your friend in private where you both feel comfortable and able to talk openly.</li> |
|  | <li>Approach the conversation with compassion and avoiding judgment.</li> |
|  | <li>Speak directly and honestly and share your concern for their welfare.</li> |
|  | <li>Directly ask them if they are thinking about suicide. Asking this question won't increase their risk.</li> |
|  | <li>Attempt to identify the problem and explore options to deal with the problem.</li> |
|  | <li>Convey realistic hope that underlying problems or issues can be resolved.</li> |
|  | <li>Let your friend know that effective help is available on campus.</li> |
|  | </ul> |
|  |  |
|  | <p><strong>Don't:</strong></p> |
|  |  |
|  | <ul> |
|  | <li>Don't ignore behavior or changes that concern you.</li> |
|  | <li>Don't minimize the situation or depth of feeling.</li> |
|  | <li>Don't over commit yourself and not be able to deliver on promises.</li> |
|  | <li>Don't promise to keep what they say a secret. You may need to get help and support.</li> |
|  | </ul> |
|  |  |
|  | <p style="text-align: center;"><a class="cta-button cta-button--dark" href="<http://dos.uoregon.edu/concern>" target="\_blank">Report a Concern</a></p> |
|  |  |
|  | <h2>Someone Who May Have a Problem with Substance Use</h2> |
|  |  |
|  | <p>It can be difficult to know when—or how—to say something when you’re worried about a friend’s drug or alcohol use. Before you talk to your friend, ask yourself:</p> |
|  |  |
|  | <h3>How does it affect you?</h3> |
|  |  |
|  | <ul> |
|  | <li>Have you ever had to take care of your friend because of their alcohol or drug use? &nbsp;How frequently does it happen?</li> |
|  | <li>Have you ever felt embarrassed or hurt by something they said or did while intoxicated?</li> |
|  | <li>Do you worry about your friend’s use on a regular basis?</li> |
|  | </ul> |
|  |  |
|  | <h3>How does it affect your friend?</h3> |
|  |  |
|  | <ul> |
|  | <li>Does your friend drink in order to get drunk?</li> |
|  | <li>Does your friend drink to escape from or to cope with problems or stress? Do they use drugs or alcohol to avoid painful feelings?</li> |
|  | <li>Are drugs or alcohol affecting your friend’s academic performance?</li> |
|  | </ul> |
|  |  |
|  | <p>It can be helpful to prepare a list of specific problems that have occurred because of your friend's drinking or drug use. Keep these items as concrete as possible. "You're so antisocial when you drink" will not mean as much as, "When you were drunk, you made fun of me and were mean to me. You hurt me." Bring the list with you and keep the conversation focused.</p> |
|  |  |
|  | <h3>How to talk to your friend</h3> |
|  |  |
|  | <ul> |
|  | <li>Talk to your friend when they are sober. The sooner you can arrange this after a concerning episode, the better. Your message will have more impact while your friend is in the immediate aftermath than it will a week later.</li> |
|  | <li>Restrict your comments to what you feel and what you have experienced of your friend's behavior. Express statements that cannot be disputed. Remarks like, "Everyone's disgusted with you," or, "Lily thinks you have a real problem," will probably lead to arguments about Lily's problems or who 'everyone' is. Avoid such generalizations.</li> |
|  | <li>Convey your concern for your friend's well-being with specific statements. "I want to talk to you because I am worried about you," or "Our friendship means a lot to me. I don't like to see what's been happening."</li> |
|  | <li>It is important to openly discuss the negative consequences of your friend's drinking or drug use. Use concrete examples from your list. "At the party I was left standing there while you threw up. The next day you were too hung over to write your paper. It makes me sad that these things are happening in your life."</li> |
|  | <li>Be sure to distinguish between the person and the behavior. "I think you're a great person, but the more marijuana you smoke, the less you seem to care about anything."</li> |
|  | <li>Encourage your friend to consult with a professional to talk about their alcohol or substance use.&nbsp;</li> |
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|  | <p>You can offer to find out more about the resources or go with them to an appointment.</p> |
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|  | <p style="text-align: right;"><em>Adapted from Brown University Health Services, 2015</em></p> |
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|  | <p>If you are concerned about the substance use of a friend or loved one, there are many resources available to help you become an effective ally to help them in the process of recovery.&nbsp;</p> |
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|  | <ul> |
|  | <li><a href="<https://www.drugabuse.gov/related-topics/treatment/what-to-do-if-your-adult-friend-or-loved-one-has-problem-drugs>" target="\_blank">The National Institute on Drug Use</a> provides information, suggestions, and resources to help you become an ally of someone facing substance use challenges.</li> |
|  | <li><a href="<https://www.samhsa.gov/find-help/national-helpline>" target="\_blank">The Substance Abuse and Mental Health Services Administration (SAMHSA)</a> website provides information about treatment options, including SAMHSA’s National Helpline, 1-800-662-HELP (4357). This website also provides links to many other resources, including guides to help you talk with loved ones and information about addiction and recovery.</li> |
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|  | <ul class="collapse-menu\_\_list"> |
|  | <li class="collapse-menu\_\_item"><a href="[http://studentlife.uoregon.edu](http://studentlife.uoregon.edu/)">Division of Student Life</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://career.uoregon.edu](http://career.uoregon.edu/)">University Career Center</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://dos.uoregon.edu](http://dos.uoregon.edu/)">Office of the Dean of Students</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://emu.uoregon.edu](http://emu.uoregon.edu/)">Erb Memorial Union</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://holden.uoregon.edu](http://holden.uoregon.edu/)">Holden Center for Leadership and Community Engagement</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://rec.uoregon.edu](http://rec.uoregon.edu/)">Department of Physical Education and Recreation</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://families.uoregon.edu](http://families.uoregon.edu/)">Parent and Family Programs</a></li> |
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|  | <li class="collapse-menu\_\_item"><a href="[https://registrar.uoregon.edu](https://registrar.uoregon.edu/)" title="Office of Financial Aid and Scholarships">Office of the Registrar</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://counseling.uoregon.edu](http://counseling.uoregon.edu/)">University Counseling Services</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://healthcenter.uoregon.edu](http://healthcenter.uoregon.edu/)">University Health Services</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://housing.uoregon.edu](http://housing.uoregon.edu/)">University Housing</a></li> |
|  | <li class="collapse-menu\_\_item"><a href="[http://testing.uoregon.edu](http://testing.uoregon.edu/)">University Testing Center</a></li> |
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|  | <a href="[https://uoregon.edu?utm\_source=banner-module&amp;utm\_campaign=banner](https://uoregon.edu/?utm_source=banner-module&utm_campaign=banner)">University of Oregon</a>. |
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