79% OF NDSU STUDENTS
WILL TELL A PEER IF THEY ARE HAVING SUICIDAL THOUGHTS

According to the 2018 NDSWAPS North Dakota State University Institutional Report

EDUCATION ON HOW YOU CAN HELP

- ATTEND A GREEN BANDANA TRAINING SESSION
- TAKE A WORKSHOP FROM THE COUNSELING CENTER
- VISIT THE COUNSELING CENTER: ROOM 212 CERES HALL
- GIVE WELLTRACK A TRY (AN INTERACTIVE SELF-HELP APP)

DOWNLOAD AND REGISTER WITH YOUR NDSU EMAIL ADDRESS

GREEN BANDANA PLEDGE:

In taking this bandana and tying it to my backpack, I pledge:

• I will listen if you need to talk to someone
• I will talk to someone if I need to be listened to
• I will help you find someone to talk to when you need more support
• I will find someone to talk to when I need more support
• I will be accepting
• I will be honest
• I will see a person in need of support and not just their challenges

TO LEARN MORE FOLLOW QR CODE

Student Health Service: (701) 231-7331
NDSU Counseling Center: (701) 231-7671