LAMBDA CHI ALPHA

BROTHERHOOD WORTH BUILDING

Building Resilience: Campus Mental Health Resource Worksheet

Brotherhood Worth Building · November Toolkit

A brotherhood worth building is one where reaching out for support is just what brothers do. This worksheet takes about 15 minutes. Fill in what you know, look up what you don't, then share it with the whole chapter.

Step 1: Find your resources

Look up each one on your school's website or call the front desk. One brother can take each row, then bring it back to the group.

Resource	Name / website	Phone or location	Hours	Cost	What to say when you reach out
Campus counseling center					
Campus crisis or after-hours support					
Student health center					
Dean of Students or student care team					
Peer support, wellness or recovery programs					
Campus chaplain or spiritual life					
Local therapist or community clinic					
Other:					

Step 2: Always on, always free

These are the same everywhere. Make sure every brother has them saved in his phone.

- **988 Suicide & Crisis Lifeline:** call or text 988, any time, any day
- **Emergency:** 911
- **Health & Wellness Team at Lambda Chi Alpha - healthandwellness@lambdachi.org**
- **Our chapter advisor:** Name and number: _____

Step 3: Check your list

- ☐ We know how to make a first appointment (walk-in, online or phone)
- ☐ We know what it costs, and whether it's free for students

- ☐ We have at least one option that is open after hours or on weekends
- ☐ We know which resources are confidential

Step 4: Share it with the chapter

- ☐ Pin this list in the chapter group chat
- ☐ Take two minutes at the next chapter meeting to walk through it
- ☐ Give a copy to every new member and to the executive board
- ☐ Send a copy to our chapter advisor
- ☐ Put a reminder on the calendar to update it each semester

Talk it over (at the chapter meeting)

1. Which resource on this list surprised you?
2. What would make it easier for a brother to use one of these?
3. What is one thing we can do as a chapter to make asking for help feel normal?

Notes: _____

Questions? Contact the Health & Wellness Team at healthandwellness@lambdachi.org.

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Building Resilience: Brother-to-Brother Conversation Guide

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Movember is a movement to change the face of men's health, and Lambda Chi Alpha is proud to be a partner. The most powerful thing a brother can do for another brother is start a conversation. You don't need to be an expert. You just need to show up.

The ALEC approach

Movember Conversations teaches a simple four-step approach for reaching out to someone who might be struggling: **Ask, Listen, Encourage action, Check in.** Practice it for free at conversations.movember.com.

Step	What it means	Try saying
Ask	Ask how he is and what has been happening lately	"I've noticed you've seemed a little off. How are you really doing?"
Ask	Keep it low pressure, with no agenda	"No big reason. I just wanted to check in. What's been the hardest part of this semester?"
Listen	Give him your full attention and an open mind	"That sounds like a lot. Tell me more."
Listen	Don't rush to fix it	"I'm not going to try to solve this. I'm just glad you told me."
Encourage action	Nudge him toward one small step that helps	"Would it help to talk to someone at the counseling center? I'll sit with you while you call."
Encourage action	Make the step feel normal	"A lot of guys in this chapter have used campus resources. It's just another tool."
Check in	Follow up after the chat	"Been thinking about you. How's this week going?"
Check in	Keep showing up	"Want to grab food Thursday? No agenda."

Chapter meeting conversation starters

Use one or two at the start of a chapter meeting or a brotherhood night.

1. What's one thing that helps you reset when stress piles up?
2. Who in this chapter would you go to on a bad day?
3. What's something you wish more people knew about what college is really like right now?
4. What would make asking for help feel more normal in our chapter?
5. What's one small way we can check in on each other this month?

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Practice together

Pick one of these scenarios from Movember Conversations and walk through it as a group. Have two brothers role-play it, then ask the room what worked.

- He's lonely
- He's isolated and angry
- He's having relationship struggles

If a brother is in crisis

If a brother talks about harming himself or ending his life, don't handle it alone and don't promise to keep it secret.

- Stay with him and keep listening
- Call or text **988** (Suicide & Crisis Lifeline), or call **911** if he is in immediate danger
- Contact you're the Health & Wellness team at healthandwellness@lambdachi.org

Learn more about Movember at movember.com.