



Help a Friend Who is Struggling



Jesse



Anna



Mike



Travis



Taylor

One of these friends is **at-risk**

Interact with student avatars in this online game

Topics include:

- Techniques to talk to a friend you are concerned about
- How to recognize signs of distress
- What support services are available on your campus

Access simulations 24/7 at:

<http://kognito.com/ccc>

These trainings are made available to all California community colleges through the CCC Student Mental Health Program, a partnership between the Chancellor's Office and the Foundation for California Community Colleges funded through a grant from the California Mental Health Services Authority (CalMHSA). CalMHSA is an organization of county governments working to improve mental health outcomes for individuals, families and communities. CalMHSA administers programs funded by the voter approved Mental Health Services Act (Prop. 63) on a statewide, regional and local basis.



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