

HOW TO HELP

A guide on how to help when someone else displays symptoms of mental distress and/or mental illness



LEARNING ABOUT MENTAL ILLNESSES CAN LEAD TO:

- Improved recognition of early signs of mental illnesses
- Better, earlier treatment
- Greater understanding, more compassion

DON'TS OF HELPING

- Don't be overbearing
- Don't treat them like "freaks"
- Don't discriminate



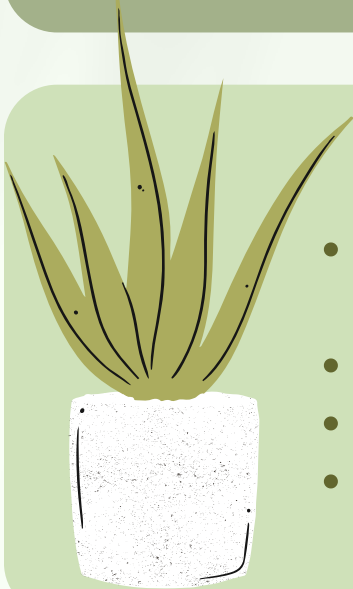
DOS OF HELPING:

- Do respect them
- Do express your concern and support
- Do educate others and yourself
- Do find out if they want/need care
- Do make efforts to include them
- Do reassure them you're here



HOW TO TALK (STARTERS)

- I'm worried about you. Would you like to talk about it?
- What can I do to help?
- I care about you and I want to listen. If you want to, I'm open to having a conversation about what you're going through.
- I'm concerned about your safety. Is there anything I can do to make sure you stay safe?



RULES ON CONVERSATIONS

- Communicate in a STRAIGHTFORWARD manner
- Lead with reassurance
- Respect them if they don't want to talk
- Wait for reactions and adjust the pace and/or intensity based on them

SOURCE:

"How to Talk about Mental Health - Friends and Family Members." SAMHSA, 23 Apr. 2023, www.samhsa.gov/mental-health/what-is-mental-health/how-to-talk/friends-and-family.