

Mental Health

HOW TO OFFER SUPPORT



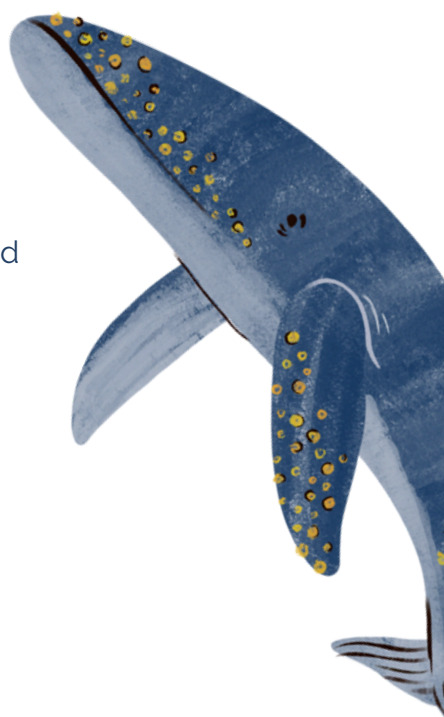
HOW TO HAVE A CONVERSATION

DON'TS

- Don't have any distractions - focus on them
- Don't pressure them - they can share as much or as little as they prefer
- Don't try to diagnose them
- Don't second guess or doubt them
- Don't force them into help unless it is a crisis
- Don't overestimate yourself

DO'S

- Do respect their boundaries
- Do keep questions open-ended
- Do discuss self-care, such as starting a healthy diet, getting a good night's sleep, etc.
- Do offer help
- Do show your support
- Do reassure them that you're here for them
- Do listen - this is fully about them



DURING A CRISIS

A crisis is when someone's mental distress is especially weighing heavy, such as feeling suicidal or experiencing their own or a different reality from yours



Stay calm and avoid confrontation so that they don't experience extreme negative emotions (anger, sadness, confusion, etc.)



Listen without making any judgement - support them fully



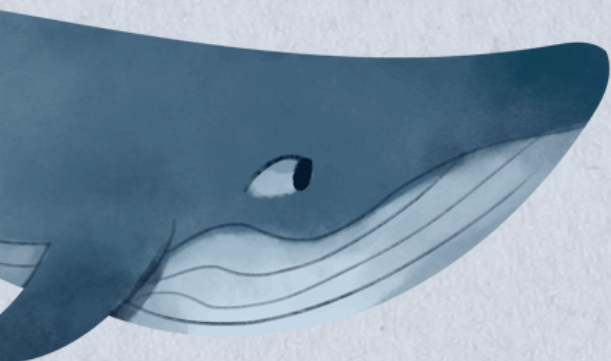
Ask them if they need help from you and encourage them to seek professional help such as from a therapist or psychiatrist



If they have self harmed, make sure they are treated immediately

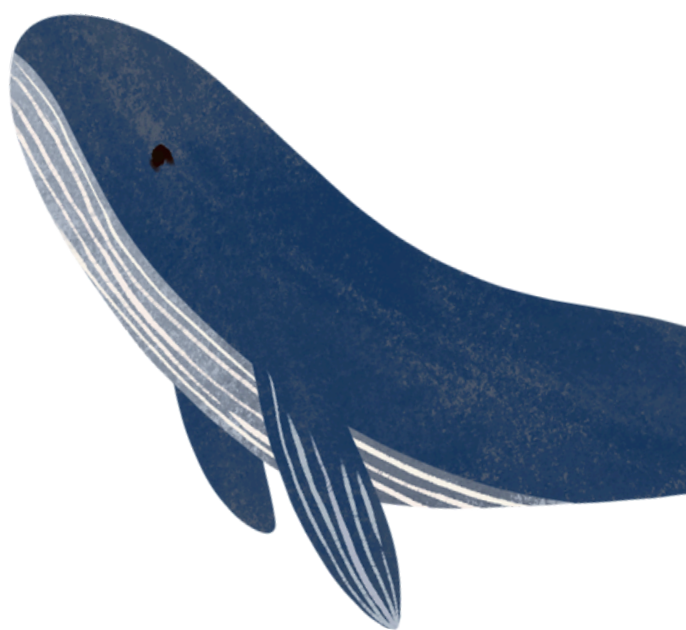


If they are in a different/their own reality, remind them who you are and where you're here gently. Do not reinforce or dismiss their experience.



IF SOMEONE IS SUICIDAL

- Encourage them to get help from a professional
- If they are attempting suicide, get professional help immediately
 - Call the police, a suicide help line, or the nearest crisis resolution team
- Ask them if they want to talk
 - If so, talk to them following conversation and crisis tips above
- Assure them you're here for them and show your concern and support



SOURCE

"How to Support Someone with a Mental Health Problem."
Mental Health Foundation, www.mentalhealth.org.uk/explore-mental-health/articles/how-support-someone-mental-health-problem. Accessed 27 May 2025.

