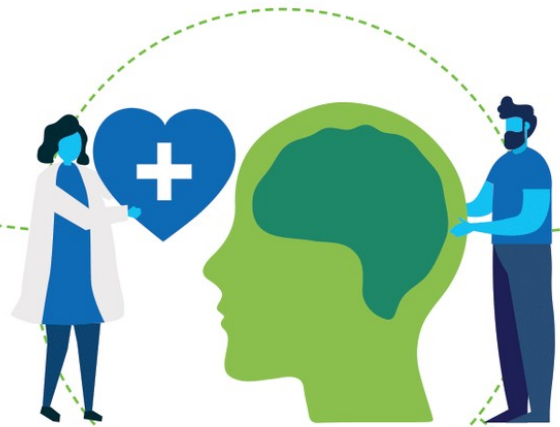


How Can I Help Someone in Mental Distress?



"I've noticed that...?"
*"How are you doing?
How long have you been
feeling this way?"*

Approach & Assess

Invite the person to talk.
If there is a risk of suicide or harm,
reach out to First Responders.

*"It sounds like...
Is that right?"*

Listen Without Judging

Help the person speak freely by
listening and asking questions
without judging or telling the
person what to do.

*"Given the situation, it is
understandable that you are
experiencing this. There are
supports available that have
helped others."*

Give Reassurance

This hopeful message helps to counter any shame
associated with mental distress, reluctance to talk
about, or reluctance to reach out for help.

*"What has helped in
the past?"*
"Would it help to call...?"

Encourage Professional Help

Help them to identify appropriate
professional supports.

*"How might a family
member, friend, or
community member help?"*

Encourage Other Supports

Help the person to find ways that
others can support them during
this time.

To find out more



www.mhfa.ca/covid19-mhfa