

WHAT TO DO WHEN SOMEONE NEEDS HELP

Do you know of a friend, family member or colleague that may benefit from accessing counseling but don't know how to approach them about it? Have they told you they wanted help but just don't feel ready yet? Here are some helpful tips on how you can help them feel ready.

EDUCATE

Research the benefits of accessing support and share your findings with your friend/family member. Being unaware of what to expect can scare us into expecting the worst. This might mean we avoid situations that can actually be really helpful to us.

LISTEN

Sometimes we undermine the impact of listening. When our friends/family come to us with a problem, we may try to solve the problem when all they really need is to feel heard. Take the time to listen to how they are feeling, and validate the emotions they may be experiencing.

SUPPORT

Be accepting and understanding by normalizing their need to seek help- it's common! It's important to have support when going through a tough time. Be there for them as a friend. Maybe offer to drive them to their first visit, or follow up with them afterwards to see how it went.

ROLE MODEL

Showing that you care about your own mental health may empower your friend/family member to do the same. Show them that you are taking time to engage in activities that bring you joy, and that you are taking care of yourself mentally, physically and spiritually.

REMINDERS:



Sometimes people just aren't ready to access support or discuss what it is that may be causing them grief. Be patient and just let them know that you are there to support them when they do feel ready!

When you talk to them, use "I" statements. Depending on how we approach the conversation, sometimes people can feel as if they are being attacked instead of cared for.



If you are worried about their safety, access extra support. If it's gotten to the point where you are questioning whether or not this individual will be safe once they are alone, call for help, contact crisis response, or bring them to the hospital.