SUPPORT TIPS

• Listen and Show Support. Express concern, talk openly (it’s okay to ask questions) and ask what you can do to help.

• Do not be dismissive of the person’s feelings.

• Do Not Make Promises of Confidentiality. It is important not to disclose private information shared with you. The exception is talk about suicide; never promise to keep this a secret.

• Don’t Give Advice. No one expects you to act as a mental health professional.

• Be mindful of the language you use to convey respect and compassion.

• Connect to a professional. Remind the person help and treatment are available. If the person is receiving treatment, then encourage them to speak with those provider(s). If not, know the available resources for care.

• Set Limits and Care for yourself. It is not your responsibility to “fix” anyone. It is ok to set limits, say ‘no’ or not be available 100% of the time. Consult with mental health providers if needed.

• Know the Signs of Suicide. Don’t be afraid to ask if the person is considering harming themselves. Call 911 or take the person to the nearest emergency room if they are a danger to themselves, danger to others or gravely disabled (unable to provide basic care of themselves-food, clothing, shelter).