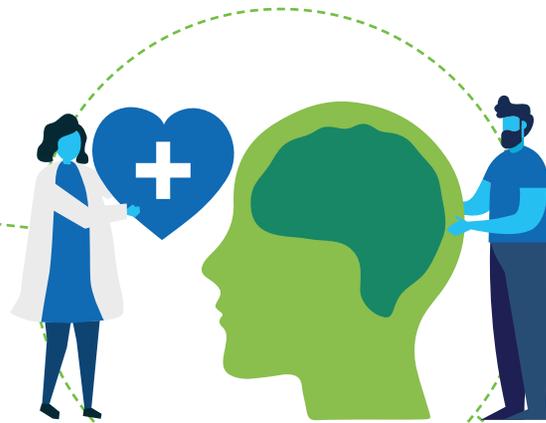


# How Can I Help Someone in Mental Distress?



*"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](http://www.mhfa.ca/covid19-mhfa)