Supporting Someone with a Mental Health Issue

How do you support someone with mental health issues?

If you want to help someone close to you who is dealing with mental health issues, you can connect them to a mental health professional. Remember that there are professionals who can help and you do not need to take this on by yourself. You can also offer support in other ways by checking in with your friend or family member, expressing that you care about them and respect them, including them in your conversations and being a positive person to be around.

Supporting someone with mental health issues

- Recognize that mental health issues are not something embarrassing and they are just like physical health issues
- Understand that mental health problems are not a choice
- Offer support if you can by helping reduce stress in their life
- Take their feelings and symptoms seriously

Supporting someone with a mental health emergency

If you are worried for your friend or family member's safety, it is imperative you take action. If they are expressing suicidal or self-harm ideations call the Crisis and Suicide hotline at 988 or contact a mental health professional.