

SUPPORTING & UNDERSTANDING

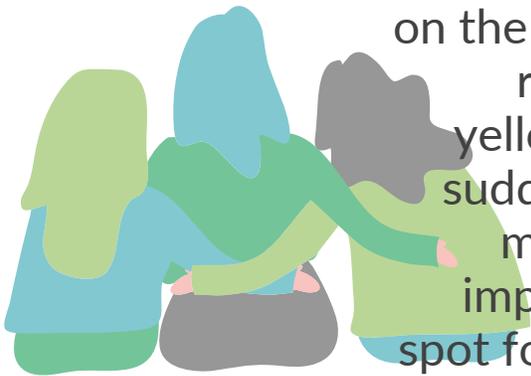
How to Support Someone

You can support a friend or family member that is struggling with their mental health by connecting them to professional help. You can also offer support by expressing your concern, asking questions, reassuring your friend or family member that you care about them, treating them with respect and empathy, including them in your plans, and just by simply talking to them.¹



Understanding Mental Health

Mental health is a continuum, sometimes it is going to be on the green end where we are feeling well and showing resilience. Then on another day we might be in the yellow and feeling a little bit of difficulty, then we can suddenly drop into the red where we are experiencing more severe symptoms. With all of this though, it is important to know that we are not going to be in one spot forever, and that is because of different risk factors and protective factors that influence our mental health.²



How to Ask for Help

Dealing with mental health struggles can be extremely difficult, and it's even harder to do it alone. Asking for help is one of the first steps to feeling better, but it's understandable that this conversation can feel like a big hurdle. Just know that there is nothing wrong with asking for help, explain how you are feeling entirely, and don't feel discouraged if the situation doesn't go how you pictured it the first time. Also remember that the sooner you ask for help, the sooner you will start feeling better, so try not to push the conversation off.³

