How to help

Experiencing a mental health crisis is difficult for all people involved. Here are some simple ideas to help you support and understand someone experiencing a mental illness.

• Give hope — try not to give advice
• Remind them mental illnesses can be treated and people can get better
• Express sympathy and concern, offer your support
• Assure them that they are not alone
• Tell the person you are sorry they are in such pain
• Share only hopeful stories
• Understand that someone can’t just “pull themselves out of it”
• Recognize the person is not their illness; they have dreams, strengths and gifts to share with others