How Can I Help Someone in Mental Distress?

Approach & Assess

Invite the person to talk.
If there is a risk of suicide or harm, reach out to First Responders.

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.

Encourage Professional Help

Help them to identify appropriate professional supports.

“Given the situation, it is understandable that you are experiencing this. There are supports available that have helped others.”

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