

# How to Help Someone Experiencing a Mental Health Crisis

## DO:

- Be open and supportive of the individual.
- Treat the person with respect and dignity.
- Have realistic expectations.
- Give the person hope that things can get better.
- Ask the individual directly if they are thinking about harming themselves or ending their life.
- Ask the individual about how they are taking care of their basic needs.
  - Eating, sleeping, drinking water, moving their body, taking their prescribed medications etc.
- Provide practical support and information.
  - Make a phone call for the person, take them to a quieter environment, offer resources you are aware of etc.
- Encourage the individual to reach out to professional support.
  - Provide information on how to do this if you are able.
- Encourage the individual to engage in their self-care strategies and hobbies.
  - “What have you done in the past that has helped?”
  - “Is there anything you used to do that you haven’t had time or the ability to do in a while?”