



# 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