

Talk about it

You don't have
to be an expert
to reach out
and help.

If someone you care about is struggling with emotional or addiction-related challenges, your care and concern can make a big difference in helping them get the care they need to feel better.

Spend more time listening to them than talking. Stay calm and don't make judgements.

**Tell them
you want to
support and
help them.
Ask how they
are feeling.**

Learn the warning signs of someone at risk for suicide and get immediate help if needed. Call or text 988, or chat at **988lifeline.org** for crisis support and resources.

