

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.

Maintain eye contact and nod to show you are listening.

