Helping Someone with Emotional Distress

Actions Steps

Recognize

Express Concern  For example:

*I’ve noticed you don’t seem yourself... 
I care about you and I feel concerned...

Offer Support  For example:

*I’d like to help... 
Would it help to talk?

Find Help  For example

*If it’s okay with you, let’s see if we can find you some help... 
(If the person declines and you have serious concerns, consider contacting help resources yourself to describe the problem and get advice on how to proceed or call 911 for emergency help)

- Speak to your healthcare provider
- 911 for life-threatening emergencies
- Help for substance concerns: www.nhtreatment.org or 211 or 844-711-HELP
- Help for mental health concerns: www.naminh.org or 603-448-4400 (crisis line)
- In the Upper Valley: www.uvmentalhealth.org