

## 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, lets 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](http://www.nhtreatment.org) or 211 or 844-711-HELP**
- **Help for mental health concerns: [www.naminh.org](http://www.naminh.org) or 603-448-4400 (crisis line)**
- **In the Upper Valley: [www.uvmentalhealth.org](http://www.uvmentalhealth.org)**